MEDIA RELEASE

For Immediate Release

**Community Health Partners urges everyone to prevent mosquito bites**

**First confirmed cases of West Nile virus in Iowa this year are in Sioux County**

The Iowa Department of Public Health (IDPH) has confirmed that the first human cases of West Nile virus in Iowa in 2016 are in Sioux County. Dr. Patricia Quinlisk, IDPH Medical Director, says, “These cases serve as a reminder to all Iowans that the West Nile virus is present and it’s important for Iowans to be using insect repellent when outdoors.”

Approximately 20 out of 100 people infected with West Nile virus will have mild to moderate symptoms like:

* fever,
* headache,
* body aches
* vomiting

Fewer than one out of 100 people infected become seriously ill.

The best way to prevent West Nile Virus is to **protect yourself from mosquito bites**.

Remember “**COVER** and **DRAIN**:”

**COVER** yourself and your home

* wear shoes, socks, long pants and long sleeves when outdoors
* apply mosquito repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus, to bare skin and clothing; read label directions
* cover doors and windows with screens to keep mosquitoes out of your house; repair holes in screens

**DRAIN** standing water around your home because that’s where mosquitoes lay eggs

* empty standing water from flowerpots, garbage cans, house gutters, buckets, plastic swimming pools, birdbaths, pet water dishes, or any other container where water has collected

Also, avoid outdoor activities at dawn and dusk when mosquitos are most active.

For more information about West Nile virus, visit: [idph.iowa.gov/cade/disease-information/west-nile-virus](http://idph.iowa.gov/cade/disease-information/west-nile-virus).

For questions or additional information, contact:

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