

## West Nile Virus Detected in Baker County

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Contact: Matt Hutchinson, Manager  
Baker Valley Vector Control District  
541-523-1151

Emilio DeBess DVM, P.H. Veterinarian,  
Oregon Department of Human Services  
971-673-1027

West Nile Virus has been detected in a pool of mosquitoes collected on 7/18/2016. The pool was collected from a trap in the Keating Valley, about 15 miles east of Baker City.

{This is the first pool of mosquitoes to test positive for West Nile Virus in the district this year.}  
Oregon State University Veterinary Diagnostic Laboratory in Corvallis confirmed the positive mosquito pool.

The Baker Valley Vector Control District routinely sets 30 adult mosquito traps baited with CO<sub>2</sub> weekly throughout Baker, Bowen and Keating Valleys. The mosquitoes caught are then identified to species, counted and pooled into groups of 10-50 and sent onto the OSU Veterinary Diagnostic Laboratory in Corvallis for testing.

West Nile Virus was previously detected during the 2015 mosquito season. To date there have been no human, avian or equine cases reported in the Baker Valley Vector Control District area this year.

Dead bird surveillance has been ongoing in the district. People that notice sick or dead birds such as crows, magpies, jays and robins should contact Baker Valley Vector Control District so that they can be picked up for testing.

Most people who become infected with West Nile Virus do not become sick. Some may develop mild flu-like symptoms such as fever, headache, body aches, and occasionally swollen lymph glands or rash. In some cases, West Nile may cause encephalitis, or inflammation of the brain.

### What Should I Do if I Think I Have WNV?

Milder WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

### What Is the Risk of Getting Sick from WNV?

- **People over 50, those with high blood pressure or are immunosuppressed are at higher risk to get severe illness.** People over the age of 50, those with high blood pressure or are immunosuppressed are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.

- **Being outside means you're at risk.** The more time you're outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, either working or playing.
- **Pregnancy and nursing do not increase risk of becoming *infected with WNV*.** The risk that WNV may present to a fetus or an infant infected through breast milk is still being evaluated. Talk with your care provider if you have concerns.

The staff here at the Baker Valley Vector Control District will increase surveillance and control measures within the district in response to the positive mosquito pools.

The risk of West Nile is low but we do encourage people to take appropriate precautions to protect themselves from mosquito bites. Here are some suggestions on how to reduce the risk of exposure to West Nile Virus:

- \* Eliminate all sources of standing water that can be breeding ground for biting mosquitoes such as flooded fields, watering troughs, birdbaths, wading pools, clogged gutters and old tires. If it holds water for 7 days it can produce mosquitoes.
- \* Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- \* Wear long-sleeved shirts and long pants when in mosquito infested areas.
- \* Use mosquito repellents making sure to follow the directions on the container.
  - DEET,
  - Oil of Lemon Eucalyptus or
  - Picardin
- \* Make sure all screen doors and windows are in good repair and fit tightly.

For more information please contact:  
Baker County Health Department at 541-523-8211

Additional information on West Nile Virus is on the Web at:

U.S. Centers for Disease Control and Prevention  
<http://www.cdc.gov/ncidod/dvbid/westnile/>

Oregon Health Authority  
<https://public.health.oregon.gov/DiseasesConditions/DiseasesAZ/WestNileVirus/Pages/survey.aspx>