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TO: DeKalb County News Media
FROM: DeKalb County Health Department

FOR IMMEDIATE RELEASE
First Bird Tests Positive for West Nile

A crow that was found in Sycamore recently has tested positive for West Nile Virus. This is the first bird found this year in DeKalb County that has tested positive for the disease.

As part of the West Nile program, the Health Department collects a limited number of dead birds to be sent to the state lab for testing. The birds must not show any signs of decay, trauma, maggot or insect activity.

West Nile virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Most people with the virus have no clinical symptoms of illness, but some may become ill three to 14 days after the bite of an infected mosquito. Only about two persons out of 10 who are bitten by an infected mosquito will experience any illness. Illness from West Nile is usually mild and includes fever, headache and body aches, but serious illness, such as encephalitis and meningitis, and death are possible. Persons older than 50 years of age have the highest risk of severe disease.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut, especially at night.
- Change water in birdbaths weekly. Properly maintain wading pools and stock ornamental ponds with fish. Turn over any buckets, garbage cans, or other containers that collect water.

Additional information about West Nile virus can be found on the DeKalb County Health Department's Web site at <http://dekalbcounty.org/Health/environmental/other.html>. To learn more about the many programs and services of the Health Department, visit <http://health.dekalbcounty.org/> or follow us on social media.



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