



FOR IMMEDIATE RELEASE

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**Update on West Nile Virus Activity in Miami-Dade County
*Ninth Human Case of West Nile Virus Confirmed in Miami-Dade Resident***

Miami-Dade--- Today, Miami-Dade County Health Department Administrator, Lillian Rivera, RN, MSN, announced that West Nile Virus has been confirmed in a 49-year-old female resident of Miami-Dade County. This is the ninth human case of West Nile Virus in Miami-Dade County this year, which has been under a medical alert since July 14, 2004.

"As we continue to confirm cases of West Nile Virus in Miami-Dade County, we alert the public to continue to protect themselves against mosquito bites" said Lillian Rivera, R.N., M.S.N., Miami-Dade County Health Department Administrator.

Miami-Dade County Health Department officials remind residents that summer rains encourage mosquito breeding and that everyone should remain diligent in their personal mosquito protection efforts both at home and when traveling.

State and local public health officials urge all residents to follow the 5 D's for prevention:

- Dusk and Dawn -- Avoid being outdoors when mosquitoes are seeking blood, for many species this is during the dusk and dawn hours.
- Dress -- Wear clothing that covers skin.
- DEET -- When the potential exists for exposure to mosquitoes, repellents containing DEET (N,N-diethyl-meta-toluamide, or N,N-diethyl-3-methylbenzamide) are recommended. Products with concentrations up to 30 percent DEET are generally recommended for most situations. (It is not recommended to use DEET on children less than 2 months old. Instead, infants should be kept indoors or mosquito netting used over carriers when mosquitoes are present). If additional protection is necessary, apply a permethrin repellent directly to your clothing. Always read the manufacturer's directions carefully before you put on a repellent.
- Drainage -- Check your home to rid it of standing water in which mosquitoes can lay their eggs.

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Symptoms of West Nile Virus may include headache, fever, fatigue, dizziness, weakness and confusion. People who believe they may have West Nile Virus should contact their health care provider. Florida Department of Health (DOH) laboratories provide testing services for physicians treating patients with clinical signs of mosquito-borne disease.

Elimination of breeding sites is another key to prevention.

Tips on Eliminating Mosquito Breeding Sites

- Clean out eaves, troughs and gutters.
- Remove old tires or drill holes in those used in playgrounds to drain.
- Turn over or remove empty plastic pots.
- Pick up all beverage containers and cups.
- Check tarps on boats or other equipment that may collect water.
- Pump out bilges on boats. Drain unused swimming pools.
- Replace water in birdbaths and pet or other animal feeding dishes at least once a week.
- Change water in plant trays, including hanging plants, at least once a week.
- Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

Florida residents are encouraged to report dead bird sighting at:
www.wildflorida.com/bird or by calling their local county health department.
For more information on mosquito-borne illnesses, visit DOH's website at:
www.doh.state.fl.us and select environmental health from the pull down menu.

To report dead birds locally, call the Miami-Dade County Health Department, Office of Environmental Health at (305) 623-3574.

If you experience mosquito problems contact Miami-Dade County Mosquito Control at (305) 592-1186 for inspections. Information is also available on the we at:
<http://www.co.miami-dade.fl.us/pubworks/> Click on mosquito control.

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