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**FOR IMMEDIATE RELEASE**

## **DCHHS reports the first human case of West Nile Virus this year**

**DALLAS (July 16, 2021)** – Dallas County Health and Human Services (DCHHS) is reporting the first human case of West Nile Virus (WNV) infection in Dallas County for 2021. The patient is a resident of the 75231 zip code in Dallas and has been diagnosed with West Nile Neuroinvasive Disease (WNND). For medical confidentiality and personal privacy reasons, DCHHS does not provide additional identifying information.

This season, mosquito samples have tested positive for WNV in the cities of Cedar Hill, Dallas, Highland Park, Mesquite, and University Park.

“The confirmation of the first human case of the West Nile virus here in Dallas County this year is yet another reminder of the importance of public health in our community – in particular, the need to take steps to avoid mosquito bites and to reduce mosquito populations,” said Dr. Philip Huang, Director of DCHHS. “The best way to avoid exposure to mosquito-borne diseases is to avoid mosquito bites by practicing the Four Ds.”

The best way to avoid exposure to West Nile virus is to avoid mosquito bites. Residents should use the 4Ds to reduce their risk:

- **DEET:** All Day, Every Day: Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.
- **Dress:** Wear long, loose, and light-colored clothing when outdoors.
- **Drain:** Drain or treat all standing water in and around your home or workplace where mosquitoes could lay eggs.
- **Dawn and Dusk:** limit your time outdoors during these times when mosquitos are most active.

WNV is a disease that is spread by the bite of an infected mosquito. Mosquitoes can become infected when they feed on the blood from infected birds. The infected mosquitoes can then transmit WNV to humans and animals. Severe WNV infections can cause neurologic complications such as encephalitis. Milder symptoms include fever, headache and muscle aches. There is no vaccine or specific treatment for WNV.

For more information, visit our website: <https://www.dallascounty.org/departments/dchhs/westnile.php>

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