



Public Health
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Montgomery County
Public Health District

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Public Health Authority

For Immediate Use.

For more information, contact: Jim Fredricks, Office of the County Judge

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First Case of Human West Nile Virus (WNV) Reported in Montgomery County

Conroe, Texas – August 23, 2016

A Montgomery County resident, male in his early 70's, has been confirmed to have the West Nile Virus; this is the first case in the county for 2016. There have been no cases of the Zika virus reported. Public Health continues to ask homeowners to do their part to help fight West Nile Virus.

During 2015, Montgomery County recorded a total of 16 cases of West Nile with the first case reported on July 28, 2015. This suggests that Montgomery County is on track to have fewer cases this year.

According to CDC the most effective way to avoid West Nile Virus disease and Zika is to prevent mosquito bites.

Avoid bites by using insect repellants that contain DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products and follow their directions for use. Weather permitting, wear long sleeves, pants and socks when outdoors. Many mosquitoes are most active from dusk to dawn and it is good to consider staying indoors during this hours.

It is important to mosquito-proof your home. Empty any standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, birdbaths and any other items holding water on a regular basis. Install or repair screen on



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windows and doors to keep mosquitoes outside and use your Air-conditioning if you have it.

West Nile virus infection can cause serious disease and is most commonly spread by infected mosquitoes. People typically develop symptoms between 3 and 14 days after they are bitten. According to CDC approximately 80 percent of people who are infected will not show any symptoms at all, but there is no way to know in advance if you will develop the illness or not.

Milder symptoms include fever, headache, body aches, nausea, vomiting and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. These symptoms can last up to several weeks. Serious symptoms that account for less than 1% of those infected can include high fever, headache, neck stiffness, disorientation, coma, tremors, seizures or paralysis. These symptoms can last for several weeks and neurological effects may be permanent.

If you develop symptoms of severe WNV illness such as unusually severe headaches or confusion seek medical attention immediately. The majority of milder WNV illness improves on its own and medical attention is not needed unless you choose otherwise.

For more information on WNV please visit the CDC at
<http://www.cdc.gov/westnile/index.html>

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