First confirmed Santa Barbara County human case reported

A 24-year-old Carpinteria man has become the first Santa Barbara County resident to test positive for West Nile virus (WNV) this year. He reported having received multiple mosquito bites on more than one occasion, and was active outdoors throughout the south coast (without using any repellent). He was tested prior to donating blood at a local blood bank. At the time he came forward to donate blood, this individual also agreed to be a participant in a study to develop a new blood test for West Nile Virus. This test, which is approved for investigational use, indicated he was positive for the virus last week. Positive EIA/IFA IgG and IgM confirmatory tests were performed at the state laboratory and the Public Health Department was notified of the results. Blood donations are routinely screened and any blood donation that tests positive for a blood-borne illness is not allowed to enter into the blood supply. This first locally acquired Santa Barbara County case is considered to be a mild one. The individual reported experiencing fever, fatigue and nausea. He was not hospitalized and is expected to make a full recovery.

In addition:
- 46 birds have tested positive for West Nile Virus (WNV) in Santa Barbara County, three horses, 9 mosquito pools (2 sites) and 3 sentinel chickens (WNV/SLE).

California activity: As of August 26, 2005, fifty-two counties have reported WNV activity in California. 370 individuals from 27 counties have been reported. There have been 8 human fatalities. 1,734 dead birds in 49 counties have tested positive for WNV. 917 mosquito pools from 28 counties have tested positive for WNV.


Consider WNV infection in your patients with aseptic meningitis, encephalitis, or prolonged fever and submit specimens for WNV testing.
- WNV testing is recommended for the following individuals:
  - All hospitalized patients with encephalitis
  - All hospitalized patients with aseptic meningitis (consider enterovirus first in children)
  - All hospitalized patients with acute flaccid paralysis
  - Patients with prolonged febrile illness ($\geq$ 7 days) and symptoms compatible with West Nile infection who see a healthcare provider.

- Diagnosis is best made by serology (IgM or paired acute and convalescent IgG) for WNV. WNV testing is available through commercial laboratories or locally, for free, at the SBCPHD Public Health Lab (805) 681-5255.

Recommended Resources
Santa Barbara County Public Health Dept.: www.sbcphd.org
California Department of Health Services: www.westnile.ca.gov

August and September are peak WNV activity months...Fight the Bite!!!

Educate your patients, friends and family about WNV prevention -- avoiding mosquito bites:
- Eliminate standing water on your property as this is where mosquitoes breed. Drain pots, unclog gutters, and keep swimming pools clean and chlorinated or drained and covered.
- Make sure that door and window screens are in good condition to keep the mosquitoes out.
- When outdoors, use an insect repellent containing DEET, oil of lemon eucalyptus or picaridin. Always follow the product directions on the label.