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For Release: August 25, 2006

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Recent West Nile Virus Human Cases Prompts for New TV Shows

On the heels of recent reports of human West Nile Virus infections, a local health department is launching two new television shows that focus on prevention.

Contra Costa Health Services and Contra Costa Mosquito and Vector Control District recently reported the county's first death caused by West Nile Virus. The two agencies have collaborated on the production of two 30-minute talk shows that discuss West Nile Virus prevention, treatment and more. The shows titled "Vida Sana en Vivo" and "Get Ready, Get Healthy" will air on Contra Costa Television, channel 27. (*Get Ready, Get Healthy: West Nile Virus airs August 28 and September 4 at 7:30 p.m. and August 31 and September 7 at 10:30 a.m. The Spanish language Vida Sana en Vivo: West Nile Virus show will air August 31 and September 7 at 3:30 p.m. and September 1 and 8 at 5 p.m.*)

"West Nile Virus has been identified in mosquito pools throughout Contra Costa. The disease can be deadly and there's no vaccine that can protect humans from West Nile, so it's critical that we know how to prevent the disease," said Vicky Balladares, Health Educator for Contra Costa Health Services and Producer for both shows.

According to Balladares, both programs will cover "dump and drain", DEET safety, and other prevention tips.

"West Nile Virus does not spread from human-to-human. People catch West Nile Virus from mosquitoes that breed in standing water. The shows tell us how we can eliminate breeding grounds and how to avoid mosquito bites," Balladares.

The videos also present short video clips from the Centers for Disease Control and Prevention that discuss the transmission cycle of West Nile Virus, the risks associated with the disease and how it affects animals.

"West Nile Virus is here and it's here to stay, but this doesn't mean we have to fall victim to the disease. There are steps we can take to protect ourselves and these shows tell us how," said Balladares.

Get Ready, Get Healthy airs every Monday at 7:30 p.m. and Thursdays at 10:30 a.m. Vida Sana en Vivo airs Thursdays at 3:30 p.m. and Fridays at 5p.m. More information about both shows is available at the Contra Costa Health Services website (cchealth.org). # # # #

