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FOR IMMEDIATE RELEASE

First Human Case of West Nile Virus Confirmed in Kern County This Year

Kern County Public Health has confirmed the first human case of West Nile virus (WNV) in Kern County for 2025. Last year, the county reported 12 confirmed cases.

West Nile virus is transmitted by mosquitoes, primarily during the summer and early fall when mosquito activity is highest. While most people infected with WNV experience mild symptoms, the virus can sometimes lead to severe illness and, in rare cases, death. Approximately 20% of those infected may develop symptoms such as fever, headache, body aches, nausea, vomiting, and sometimes a rash. Less than 1% of cases progress to serious neurological complications, including high fever, neck stiffness, and confusion.

Residents experiencing symptoms are urged to seek medical advice promptly.

How to Protect Yourself and Your Family:

Reduce Mosquito Breeding Grounds:

- Eliminate standing water in items like flowerpots, birdbaths, fountains, pet bowls, and wading pools.
- Scrub containers weekly to remove mosquito eggs.
- Keep swimming pools clean and properly maintained.
- Add mosquito-eating fish to garden ponds.
- Report mosquito infestations to your local vector control district.

Lower Your Risk of Mosquito Bites:

- Avoid areas with high mosquito activity whenever possible.
- Wear long sleeves and pants when outdoors.
- Use EPA-approved mosquito repellents on exposed skin.
- Ensure windows and doors have intact screens to keep mosquitoes out.

For ongoing updates and detailed information, please visit our interactive West Nile virus [webpage](#). If you notice significant mosquito problems around your property, contact your local mosquito and vector control agency.

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