



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Joyle Martinez
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Eleanor Banya, RN
Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Rose George, RN
Norv Latreille
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Chinnamma Uralil, RN
Mary Uwhuba, RN

Regular Meetings

Second Wednesday of every
other month, 6:30 pm
Religious Education Bldg,
Rm #3 Call any member for
more information

Membership

You need not be a medical pro-
fessional—if you are interested
in the Health Ministry please call
Clara Heimericks at 916-689-
3932 or the rectory at 916-381-
5200.

WEST NILE VIRUS

What is It? — West Nile Virus causes encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord).

How Do You Get It? — Most people get infected with West Nile virus by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. In a very small number of cases, West Nile virus has been spread through blood transfusions, organ transplants, and from mother to baby during pregnancy, delivery, or breastfeeding.

Who is at Risk? — Anyone living in an area where West Nile virus is present in mosquitoes can get infected. The risk of infection is highest for people who work outside or participate in outdoor activities because of greater exposure to mosquitoes. The Virus has been reported in Europe and the Middle East, Africa, India, parts of Asia, and Australia. However, It was first detected in North America in 1999, and has since spread rapidly across the continental United States and Canada.

What Are the Symptoms? — Most people (70-80%) who become infected with West Nile virus do not develop any symptoms.

About 1 in 5 people who are infected will develop a fever with

other symptoms such as headache, body aches, joint pains, vomiting, diarrhea, or rash. Most people with this type of West Nile virus disease recover completely, *but fatigue and weakness can last for weeks or months.*

Neurologic Illness — Less than 1% of people who are infected will develop a serious neurologic illness such as encephalitis or meningitis (inflammation of the brain or surrounding tissues). The symptoms of neurologic illness can include headache, high fever, neck stiffness, disorientation, coma, tremors, seizures, or paralysis. Recovery from severe disease may take several weeks or months. Some of the neurologic effects may be permanent. Serious illness can occur in people of any age. However, people over 60 years of age are at the greatest risk for severe disease. People with certain medical conditions, such as cancer, diabetes, hypertension, kidney disease, and people who have received organ transplants, are also at greater risk for serious illness.

If Most People Don't Have Any Symptoms Why Should I Worry?

- **Because of those who develop encephalitis or meningitis, about 10 percent will die.**
- **Because there is no vaccine.** There is hope that a vaccine will become available in the future.
- **Because it's difficult to diagnose.** Tests must be taken of

blood or spinal fluid which typically detect antibodies that the immune system makes against the viral infection.

- **Because there are no medicines or treatment regimens for the virus.** Over-the-counter pain relievers can be used to reduce fever and relieve some symptoms

What Should I Do if I Think I Have it? — See your health care provider. Diagnosis is based on a combination of clinical signs and symptoms and specialized laboratory tests of blood or spinal fluid. These tests typically detect antibodies that the immune system makes against the viral infection.

What About Prevention? — Until a vaccine is available, the best thing you can do is try to avoid getting West Nile virus disease in the first place. You can do this by preventing mosquito bites.

- Use insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection. You can spray insect repellents on your clothing as well. Don't spray repellents on your skin under clothing and don't spray repellents containing picaridin on

your skin. Read your labels!

- Wear long sleeves and pants from dusk through dawn when many mosquitoes are most active.
- Install or repair screens on windows and doors. If you have it, use your air conditioning.
- Help reduce the number of mosquitoes around your home. Empty standing water from containers such as flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths. Check if rain gutters are clogged.

How Big a Problem is West Nile Virus in California? —

Each year the virus becomes more and more prevalent. Since its first discovery in the eastern part of the United States it has spread rapidly throughout the continent.

To give you an idea how fast this risk has spread, in 1999 New York State had the first reported cases in the United States—62 cases in all. By 2001 the reported cases had spread throughout the eastern seaboard and down through the southern states, By 2003 more than 9,800 cases were reported throughout the nation with the first case reported in California. In 2005 there were 880 cases reported in California alone, and last year, 2014 over 800 cases were reported

as well. Keep in mind that since many people exhibit no symptoms, all cases are not reported.



The Centers for Disease Control and Prevention state that most cases of West Nile Virus disease are reported from May through September, however, you are at risk any time that mosquitoes are present.

West Nile Virus is a risk you can do something about!

Be Aware—Be Prepared—Be Safe!

Source: Centers for Disease Control and Prevention

Upcoming Health Ministry Events and Activities:

Sun, Sep 6—Free Blood Pressure Screening—8:30-12:30 parish hall

Sun, Sep 20—Parish Festival!