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For Immediate Release

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West Nile Virus Update

Two more human cases of West Nile Virus have been reported in the Southwest Nebraska Public Health Department (SWNPHD) nine county health district. The first case was reported approximately two weeks ago. Additionally, two more mosquito testing pools in Chase County have tested positive for WNV.

Your best protection is to not get bit by a mosquito. Some of the ways that you can prevent getting mosquito bites are:

- Wear your insect repellent with DEET. Remember sunscreen first then insect repellent.
- Check around your home for any standing water, including your gutters
- Repair any holes in screens and doors
- Wear your long sleeves and pants during the hours of dusk and dawn when mosquitoes are most active.
- Always read the directions for any insect or sunscreen product to be sure it is being used correctly

The incubation time or the development of symptoms for West Nile Virus takes about 3-14 days. Approximately 80% of all people who become infected with West Nile Virus will not experience any symptoms. Symptoms people may experience are fever, headache, body aches, joint pain, rash, vomiting, and diarrhea.

There is no treatment for West Nile Virus. The best way to avoid becoming sick is prevention.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. You can follow us on Facebook and Twitter or view our website at www.swhealth.ne.gov.

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