



FOR IMMEDIATE RELEASE

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WEST NILE VIRUS DETECTED IN MOSQUITOES IN PHELPS COUNTY

Holdrege, NE --- Two Rivers Public Health Department wants you to know that mosquitoes testing positive for West Nile virus have been found in Phelps County. West Nile virus is spread to people after they are bitten by a mosquito which has the virus. It is important to reduce your chance of being bitten by mosquitoes. Be especially cautious in the mornings and evenings because this is when mosquitoes are more active. Wear lightweight, long-sleeved shirts and pants. Be sure to wear insect repellent containing DEET, IR3535, Oil of Eucalyptus or Picaridin.

Some recommendations for using DEET are:

- Do not use a product that combines insect repellent and sun screen.
- Read all instructions on the label before applying.
- Use the right concentration for the time you will be outdoors.
- Do not spray in enclosed areas; do not use DEET near food.
- Apply DEET on exposed skin; do not use under clothing.
- Do not use DEET over cuts, wounds or irritated skin.
- Wash skin with soap and water after returning indoors; wash treated clothing.
- Do not let children apply DEET.
- Do not use DEET on the hands of young children; do not apply around the eyes and mouth.
- Do not apply directly on children. Apply to your own hands, and then put it on the child.

West Nile virus may cause fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. These usually last a few days. A few people will develop severe illness and may have high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These problems may last several weeks and you should seek medical attention.

For more information call Two Rivers Public Health Department at (308) 995-4778 or visit www.trphd.org.

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The Mission of Two Rivers Public Health Department is to assess and monitor the health status of the district and facilitate the linking of resources to assure health promotion, prevention, and protection for the people within Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, and Phelps Counties .

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A healthy community for all.

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