

***Our Vision: Healthy People in Healthy Communities***  
**Adams, Clay, Nuckolls and Webster Counties**

For Immediate Release: Wednesday, September 15, 2021  
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**MORE MOSQUITOES TEST POSITIVE FOR WEST NILE IN ADAMS COUNTY**

**Hastings, Nebraska** - The South Heartland District Health Department (SHDHD) reports that another collection of mosquitoes trapped in Adams County on August 31, 2021, has tested positive for West Nile Virus.

According to Michele Bever, SHDHD health director, symptoms of West Nile illness are usually mild, including fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash. However, the symptoms may be more severe, sometimes causing permanent neurological damage, and may result in death.

West Nile Virus is spread through the bite of an infected mosquito. “We encourage prevention steps to “fight the bite” of mosquitoes,” Bever said. “Please remember the four ‘D’s to prevent mosquito bites:

- Dusk to dawn (avoid outdoor activity or take extra care to protect yourself)
- Dress Appropriately (long sleeves, pants, socks when outside during the peak hours and locations of mosquito activity)
- DEET (in your mosquito repellent)
- Drain (any standing water).

“Remind your family members and friends of these easy steps to “Fight the Bite”, Bever said.

For more information call South Heartland District Health Department at 402-462-6211 or toll free at 1-877-238-7595 or visit the SHDHD website: [www.southheartlandhealth.org](http://www.southheartlandhealth.org)

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