



For Immediate Release

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ADAMS COUNTY MOSQUITOES TEST POSITIVE FOR WEST NILE

The South Heartland District Health Department reports that mosquitoes trapped in Adams County on August 29th, 2017, have tested positive for West Nile Virus.

Even though we are starting to see cooler temperatures, mosquitoes have not disappeared for the season. “The majority of human WNV infections in our area have occurred during the months of August and September, so we all still need to continue to take precautions,” said Jessica Warner, Disease Surveillance Coordinator at South Heartland.

Last season (2016), 95 Nebraskans were reported to have West Nile disease. This year, 26 cases have been reported by Nebraska Department of Health and Human Services, including one from the South Heartland district.

According to Dr. Michele Bever, director at South Heartland, “West Nile Virus is spread through the bite of an infected mosquito and mosquitoes are most active from dusk to dawn.” “The best way to fight back,” she said, “is to use an insect repellent containing DEET any time you will be outside.”

West Nile symptoms can vary from person to person, but can include fever and other symptoms such as headache, body aches, joint pains, nausea, vomiting, and or a rash. These symptoms typically last a few days.

Approximately one in one hundred and fifty people will develop severe illness. These symptoms can include high fever, severe headache, neck stiffness, disorientation, paralysis, and coma. Symptoms typically last several weeks and may cause permanent neurological damage and can result in death.

South Heartland District Health Department recommends that people remember and practice the four D’s of West Nile Virus illness prevention:

- **Dusk to dawn** - Avoid being outside between when mosquitoes are most active
- **DEET** – Use insect repellent containing DEET
- **Dress appropriately** - in long pants, socks and long sleeves when you are outdoors
- **Drain** – frequently drain containers and other standing or stagnant water around your home to disrupt the breeding cycle of mosquitoes.

Dr. Bever encourages anyone who would like further information, brochures or to schedule a presentation on West Nile Virus to contact South Heartland District Health Department 402-462-6211 or Toll Free at 1-877-238-7595.

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