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For Immediate Release

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West Nile Virus
Positive Blood Donor Case in SWNPHD Health District

The first positive blood donor case of West Nile Virus has been reported in the Southwest Nebraska Public Health Department (SWNPHD) nine county health district.

“Mosquitos are very bad right now. Please continue taking preventive measures against mosquito bites.” states Melissa Propp, RN, Surveillance Nurse at SWNPHD.

Some of the ways that you can prevent getting mosquito bites are:

- Wear your insect repellent with DEET. Remember to apply sunscreen first, then insect repellent.
- Check around your home for any standing water, including your gutters.
- Repair any holes in screens and doors.
- Limit time outdoors between dawn and dusk.
- Wear 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.

More information on West Nile Virus may be found at our web site www.swhealth.ne.gov or call: McCook office 308-345-4223; Imperial office 308-882-4269. SWNPHD is located at 404 West 10th Street – one block north of Arby’s in McCook or 501 South Broadway (west entrance) Imperial. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. SWNPHD’s social media includes Facebook and Twitter.

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