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For Immediate Release

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### **Second Positive West Nile Virus Test**

Southwest Nebraska Public Health Department (SWNPHD) was notified of a second group of mosquitoes testing positive for West Nile Virus in the health district. This second pool of mosquitoes carrying West Nile Virus was also reported in Red Willow County. SWNPHD recommends residents follow the 5 D's to prevent bites from mosquitoes that may be carrying West Nile.

#### **Follow the 5 D's:**

- DRAIN standing water or use mosquito dunks.
- DEET or other EPA registered bug sprays are most effective.
- DUSK & DAWN are when mosquitoes are most active, so avoid being outdoors.
- DRESS in lightweight clothes that cover arms and legs.
- DOORS and windows closed or covered by screens in good repair.

“Mosquito bites can be more than just annoying and itchy. They can make you really sick,” explains Sarah Minnick, Program Manager at SWNPHD. “There is no treatment for West Nile Virus, so the best way to avoid becoming sick is to prevent mosquito bites.”

The incubation time for the development of symptoms of West Nile Virus takes about 3-14 days. Around 8 out of 10 people who become infected with West Nile Virus will not experience any symptoms. Two in 10 people may experience symptoms such as fever, headache, body aches, joint pain, rash, vomiting, and diarrhea. In severe cases, West Nile Virus can invade the brain and spinal cord leading to stiff neck, confusion, paralysis, coma, or death.

More information on West Nile Virus may be found at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) or by calling the office at 308-345-4223, one number, three locations, McCook, Imperial and Ogallala. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Information can also be found on Facebook, Instagram and TikTok.

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