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For Immediate Release

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West Nile Virus Second Positive Human Case in SWNPHD Health District

A second human case of West Nile Virus has been reported in the Southwest Nebraska Public Health Department (SWNPHD) health district according to the Nebraska Department of Health and Human Services.

“Mosquitos are out in force with so much rain in southwest Nebraska,” states Melissa Propp, RN, Surveillance Nurse at SWNPHD. “I am highly encouraging residents to prevent getting mosquito bites with personal protection and making adjustments to their surroundings.”

People with medical conditions, such as cancer, diabetes, hypertension and kidney disease are also at greater risk for serious illness with the West Nile Virus. “If you think a family member might have West Nile virus disease, consult your healthcare provider for a diagnosis,” explains Propp. “Prevention is the best way to avoid WNV and DEET in your repellent is the most effective.”

Please remember these precautions with DEET:

- Do not allow children under 10 years of age to apply repellent themselves
- Do not apply to young children’s hands, mouth or around eyes
- Do not breath in, swallow, or get into the eyes
- Do no put repellent on wounds or broken skin
- Read and follow all directions & precautions on the product label
- Store DEET out of reach of children
- To apply to face, first spray product onto hands, then rub onto face
- Use only when outdoors and wash skin with soap and water after coming indoors
- Higher concentrations of DEET may have a longer repellent effect, but concentrations over 50% provide no added protection

Risk of West Nile Virus infection is highest for people who work outside or participate in outdoor activities because of greater exposure to mosquitos. Outbreaks have been occurring every summer since 1999 according to the Centers for Disease Control and Prevention (CDC).

Propp offered the following tips to prevent mosquito bites:

- ✓ Limit time outside from dusk till dawn
- ✓ Wear long-sleeves and keep your pants on
- ✓ Repair all holes in screens
- ✓ Dump stagnant water and keep your gutters clean
- ✓ Be sure to use insect repellent with DEET and repeat every four (4) hours

More information on West Nile Virus may be found at our web site www.swhealth.ne.gov or call the McCook office at 308-345-4223. SWNPHD is located at 404 West 10th Street – one block north of Arby's. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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