

For Immediate Release

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North Central District Health Department

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Fight the Bite

Mosquito pools have tested positive for West Nile Virus in many counties throughout Nebraska as well as multiple birds across the state. It is important to remember that most of the human West Nile cases are reported in August and September so people need to remember to wear mosquito repellent and protect themselves from mosquito bites.

West Nile fever includes flu-like symptoms, such as fever and muscle weakness. Symptoms of West Nile encephalitis include inflammation of the brain, disorientation, convulsions and paralysis.

North Central District Health Department would like to remind you to protect yourself and your family from mosquito bites. You can help lower your chances of getting West Nile Virus by following these steps:

- Put on mosquito repellent containing DEET, picaridin or oil of lemon eucalyptus;
- Wear long-sleeved shirts, pants and socks;
- Avoid going out at dawn and dusk when mosquitoes are most active; and
- Get rid of standing water to reduce mosquito breeding sites.

North Central District Health Department also takes calls regarding sick or dead birds that have been found. Certain types of birds are sent in for testing if they are in good condition and have been dead for less than 24 hours. All dead birds should also be reported to the Health Department for documentation. To report dead birds please call 1-877-336-2406.

For more information call North Central District Health Department at 1-877-336-2406 or visit the DHHS Web site at: <http://dhhs.ne.gov/publichealth/Pages/wnv.aspx>. *North Central District Health Department* serves Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock Counties.