



For immediate release: 9/9/16
North Central District Health Department
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Additional positive mosquito pools have been detected in the North Central District Health jurisdiction. This week positive pools have been detected in both Cherry and Holt County. This is the first positive mosquito pool detected in Cherry County this season. Since July 19th, 2016, Holt County has experienced several positive pools. West Nile Virus is still circulating in the mosquito population in our region. Individuals still need to fight the bite! Mosquitoes will still be active right up until the first hard freeze.

To avoid mosquitoes consider:

- Applying an EPA approved mosquito repellent (DEET, picaridin, oil of lemon eucalyptus, or IR3535).
- Limiting exposure when outdoors by wearing long sleeve shirts and pants.
- Limiting time spent outdoors during when *Culex* mosquitoes are most active, typically dusk to midnight.
- Getting rid of standing water that mosquitoes may breed.

West Nile Virus is contracted through mosquitoes that have bitten an infected bird. Generally birds cannot pass the virus to humans. West Nile Virus symptoms are flu-like and can include a slight fever or headache. Severe symptoms are not likely, but can lead to encephalitis, which can cause inflammation of the brain, disorientation, convulsions and paralysis. People over 50, infants, and pregnant women are especially susceptible to this disease.

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. Trapping sites for mosquitos are located in both Holt and Cherry county.