**FOR IMMEDIATE RELEASE**

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**West Nile Virus Detected in Mosquitos in Dawson County**

Holdrege, NE --- Two Rivers Public Health Department wants you to know that mosquitoes testing positive for West Nile virus have been found in Dawson County. West Nile virus is spread to people after they are bitten by a mosquito which has the virus.

West Nile virus may cause fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. These usually last a few days. A few people will develop severe illness and may have high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These problems may last several weeks and you should seek medical attention.

Although not all types of mosquitos transmit West Nile Virus, the only proven method to prevent West Nile Virus is to protect yourself from being bitten by all mosquitos. Be especially cautious in the mornings and evenings because this is when mosquitoes are more active. Wear lightweight, long-sleeved shirts and pants. Be sure to wear insect repellent containing DEET, IR3535, Oil of Eucalyptus or Picaridin.

For more information call Two Rivers Public Health Department at (308) 995-4778 or visit [www.trphd.org](http://www.trphd.org).

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The Mission of Two Rivers Public Health Department is to assess and monitor the health status of the district and facilitate the linking of resources to assure health promotion, prevention, and protection for the people within Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, and Phelps Counties.

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