**FOR IMMEDIATE RELEASE**

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**St. Louis Encephalitis Virus Detected in Mosquitos in Phelps County**

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

St. Louis Encephalitis 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 St. Louis Encephalitis Virus, the only proven method to prevent St. Louis Encephalitis 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 visit Two Rivers Public Health Department at [www.trphd.org](http://www.trphd.org) or call 1-888-669-7154.

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The Mission of Two Rivers Public Health Department is to engage collaborative partners, community leaders, and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district.

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