**FOR IMMEDIATE RELEASE**

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**Significant Amount of West Nile in Nebraska**

Protect Yourself against Mosquitos

Holdrege, NE ---

This year Nebraska has had a significant increase in the number of people infected with West Nile Virus. According to the CDC’s most recent biweekly report, Nebraska is second only to North Dakota in numbers of overall human West Nile cases. According to recent reports, 4 deaths in Nebraska have been linked to West Nile Virus. To date, 79 cases of West Nile Virus have been reported in Nebraska, of those cases 42 have been neuroinvasive. This is approximately double the 10 year median of cases.

West Nile Virus is commonly spread by mosquitos carrying the virus. About 1 in 5 people who contract West Nile Virus have symptoms and approximately 1 in 150 of the people who contract West Nile develops the more severe neuroinvasive form of the disease. Most of the people who contract West Nile Virus do not have symptoms and likely are undiagnosed with the virus, or the virus is detected through a blood donation. Those that do develop symptoms may experience fever, fatigue, joint pain, vomiting, diarrhea, and rash.

In the seven counties that Two Rivers Public Health Department serves, Phelps and Dawson have had mosquitos test positive for West Nile Virus, and have had 4 human cases of West Nile Virus.

Two Rivers Public Health Department recommends that you wear bug repellent that contains DEET, picaridin, or oil of lemon eucalyptus. If it is possible, wear long sleeves and long pants to deter mosquitos from biting.

For more information on West Nile Virus please visit <http://www.trphd.org/programs-services/services/environmental-health/west-nile-virus-and-other-arboviruses.html>.

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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*Mission: Two Rivers Public Health Department engages 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.*