

DC resident tests positive for West Nile

Written by Gothenburg Times
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A Dawson County man in his 20s tested positive for West Nile Virus, according to the Nebraska Department of Health and Human Services (DHHS).

He was not hospitalized.

It's the first positive human case seen so far this season.

"It's well understood that West Nile Virus is part of our landscape now," said Dr. Joann Schaefer, the state's chief medical officer and director of public health for DHHS. "If mosquitoes are around assume West Nile is around and take precautions."

Fight the bite:

Apply mosquito repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Wear long-sleeved shirts, pants, and socks.

Avoid going out at dawn and dusk when mosquitoes are most active.

Eliminate standing water to reduce mosquito breeding sites.

Mosquito pools in Dawson, Douglas, Garfield, Lincoln, Madison and Richardson counties also tested positive for the virus along with a bird in Boone County.

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West Nile is transmitted to people through the bite of a mosquito that picked up the virus by feeding on an infected bird. Most people who are infected have no symptoms or only mild flu-like symptoms.

Less than one out of 150 people who get bitten by an infected mosquito and become infected will get seriously ill. However, people over 50 and those with weakened immune systems are especially vulnerable to the disease and are more likely to experience serious consequences.

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

For more information or brochures on West Nile virus contact Two Rivers Public Health Department at 308-995-4778 or toll-free at 888-669-7154 or see our website: www.tworiverspublichealth.com.