



**WELLNESS NOW**

**For Release:** July 16th, 2015 – Contact us at [media@occhd.org](mailto:media@occhd.org) 405-417-1634

## **OKC-COUNTY HEALTH CONFIRMS A SECOND CASE OF WEST NILE VIRUS**

The Oklahoma City-County Health Department experts confirm a second human case of West Nile Virus (WNV) in Oklahoma County. Residents need to take extra precautions against the mosquito-borne illness by avoiding mosquito bites and reducing habitats where mosquitoes live and breed. “Getting rid of any sources of stagnant water will certainly help,” says OCCHD Public Health Protection Director Phil Maytubby.

Here are steps to take to reduce mosquito habitats: Empty buckets, chimeneas, flower pots, wheelbarrows and old tires from holding standing water. Empty and refill birdbaths and your pet’s outdoor water bowl daily.

For standing water sources that cannot be drained, OCCHD recommends microbial larvicides that kill mosquito larvae before they emerge as adults. They are available at hardware or home improvement stores.

Be sure to protect your home from invading mosquitos by keeping window and door screens in good repair.

All residents are urged to use the 4 D’s of mosquito safety:

1. **DRAIN** standing water on your property so mosquitoes won’t breed
2. Use insect repellent that contains **DEET** on your clothes
3. Stay indoors at **DUSK** and **DAWN** when mosquitos are most prevalent
4. **DRESS** in long sleeves and pants and spray repellent on your clothes.

West Nile symptoms include fever, headache, body ache, and sometimes a rash. The most susceptible to the illness include infants and the elderly. If symptoms are severe, health officials say to contact your doctor immediately.

**\*For more information on terms and different types of West Nile Virus infections:**  
<https://www.occhd.org/FightTheBite/WNVFAQs>

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