



WELLNESS NOW

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OKC-COUNTY HEALTH DEPARTMENT CONFIRMS A CASE OF WEST NILE VIRUS

The Oklahoma City-County Health Department experts have confirmed one human case of West Nile Virus (WNV) in Oklahoma County. We also had a positive test this week for the presence of the virus in the local mosquito population. This is the second positive test this year and confirms the presence of West Nile Virus in the Oklahoma County mosquito population.

OCCHD is advising residents to take extra precaution against the mosquito-borne illness by avoiding mosquito bites and reducing habitats where mosquitoes live and breed. “One of the most effective measures people can take is looking around their homes to identify and get rid of any sources of standing, stagnant water where mosquito larvae can grow,” says OCCHD Public Health Protection Chief Phil Maytubby.

To reduce mosquito habitats: Prevent items such as buckets, cans, pool covers, flower pots, and tires from holding standing water. Empty and refill birdbaths and your pet’s outdoor water bowl daily.

Swimming pools and fishponds with circulating water generally are not a problem. “As long as the water is moving the larvae cannot grow,” Maytubby says.

For standing water sources that cannot be drained, OCCHD recommends microbial larvicides that kill mosquito larvae before they emerge as adults. Use of larvicides can reduce or eliminate the need for ground or aerial application of pesticides to kill adult mosquitoes. 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.

Here is a simple way to remember how to “Fight the Bite” using 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

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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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