



WELLNESS NOW

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4D's To Prevent Mosquitoes And Reduce West Nile Virus Risk

The Oklahoma City-County Health Department experts say mosquito season is here, especially due to record setting rainfall. In Oklahoma, the West Nile can be transmitted primarily through the bite of an infected mosquito.

Persons of any age can become ill after being bitten by an infected mosquito, but those over the age of 50 are at greater risk of developing serious illness involving the nervous system. Over 80% of people infected with WNV never become ill. If people do become ill, most cases are mild with a fever, headache, sometimes a rash and body aches that go away on their own.

Individuals in Oklahoma County can reduce their risk of contracting the West Nile virus by getting rid of standing water around houses and by using insect repellent. 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
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.

The type of mosquitoes that transmit WNV are most active during early morning and evening hours, so it is important to take mosquito bite precautions during that time of day.

You can also report any possible sources in Oklahoma County of stagnant water that are breeding mosquitoes at our web site under complaints or through our office at 425-4347, 425-4348, or 425-4319.

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

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