



WELLNESS NOW

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OKC-COUNTY HEALTH FINDS TWO SAMPLES OF WNV MOSQUITOES

The Oklahoma City-County Health Department experts have confirmed two positive samples of mosquitoes carrying the West Nile Virus (WNV) in Oklahoma County. OCCHD reminds residents to take extra precaution against the mosquito-borne illness by avoiding mosquito bites and reducing habitats where mosquitoes live and breed.

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.

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
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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