

# GALVESTON COUNTY HEALTH DISTRICT

*Protecting and Promoting the One Health of Galveston County*

**Zach Davidson**  
Chairman, United Board of Health



**Philip Keiser, MD**  
Local Health Authority  
Chief Executive Officer

## **FOR IMMEDIATE RELEASE**

Monday, September 11, 2023

### **West Nile Virus Health Alert**

**Galveston County, Texas-** The Galveston County Health District (GCHD) has confirmed one case of West Nile Virus. The individual is a female, within the age range of sixty to sixty-nine years of age, and is a resident of Galveston County. To protect medical privacy, no other information about the patient will be provided.

West Nile is transmitted through the bite of infected mosquitos. Generally, individuals exposed to the virus do not become ill. However, twenty percent develop symptoms like headache, fever, muscle and joint aches, nausea and fatigue. Less than one percent of cases lead to more severe West Nile Neuroinvasive Diseases that cause neck stiffness, disorientation, tremors, convulsions, paralysis, and possibly death.

#### **Prevent Mosquito breeding**

Residents should remove standing water by emptying out vessels that accumulate water such as toys, tires, trash cans, buckets, clogged rain gutters and plant pots. By doing so, mosquitos will be denied a place to lay their eggs and reproduce. Another great practice is to use air conditioning in homes and ensure that windows and door screens are in good repair.

#### **Protect against mosquitoes**

Residents should wear long sleeved clothing, Use an EPA-registered insect repellent with DEET, IR3535, oil of lemon and eucalyptus, para-menthane-diol or 2-undecanoe. When used as directed, insect repellents are safe and effective, even for pregnant and breastfeeding women. Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.

If you experience any of the previously mentioned symptoms or have had any exposure to mosquitos, please consult with your doctor.

For media inquiries, please contact Brie Little at (409) 938-2211 or [blittle@gchd.org](mailto:blittle@gchd.org).

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The Galveston County Health District is committed to identifying public health issues that impact our everyday life. We work daily to prevent disease, protect against public health threats and promote good health for all of Galveston County.

For more information about the Galveston County Health District and its entities, visit the health district's homepage at [www.gchd.org](http://www.gchd.org).