

Saratoga County Reminds Residents of Ways to Protect Themselves from Infectious Disease

November 1, 2018 - The Saratoga County Department of Public Health Services has reported confirmed cases of West Nile Virus in two county residents.

The U.S. Center for Disease Control and Prevention reports that New York is one of 46 States with reported West Nile Virus activity in 2018.ⁱ In New York, The State Department of Health released reports that other counties had detected the virus during the month of October - Cattaraugus, Dutchess, Genesee, Livingston, Nassau, Rockland, Schenectady, Suffolk, Ulster, Westchester, New York City and Saratoga.ⁱⁱ

Saratoga County is reminding residents that minimizing risk and exposure to mosquitoes is the best form of prevention. While chances of anyone becoming infected and seriously ill are very small, it's important to remain vigilant of this possibility.

Dress to protect yourself by covering skin with long sleeves, pants and socks. Use insect repellent on exposed skin and be sure to follow label instructions.

Mosquitoes are attracted to dark, humid areas; under lawn furniture, carports and garages. Use outdoor insect spray to kill mosquitoes and be sure to follow the instructions on the label. Seasonal changes can bring bugs, including mosquitoes indoors as cooler temperatures arrive in our area.

West Nile Virus symptoms can take anywhere from 3-15 days to show. Typically, someone who is infected may feel like they have a minor cold with a small number of people experiencing a fever. If you believe you may be infected, see your doctor immediately.

For more information, call Saratoga County Public Health at 518-584-7460 or visit our website and Facebook page.

ⁱ [U.S. CDC: West Nile Virus Activity by State 2018](#)

ⁱⁱ [NYS DOH - West Nile Virus Reports web page](#)