



CLINICIAN UPDATE, July 2005

THE WEST NILE FILE



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West Nile Virus season has started! in California. The first two human cases of West Nile Virus (WNV) in California in 2005 have recently been reported in Tulare and Riverside Counties. Human cases have also been reported in Arizona, Indiana, Kansas, Missouri, New Mexico, South Dakota, and Texas. **Consider WNV infection in your patients with aseptic meningitis, encephalitis, acute flaccid paralysis or prolonged fever (≥ 7 days).**

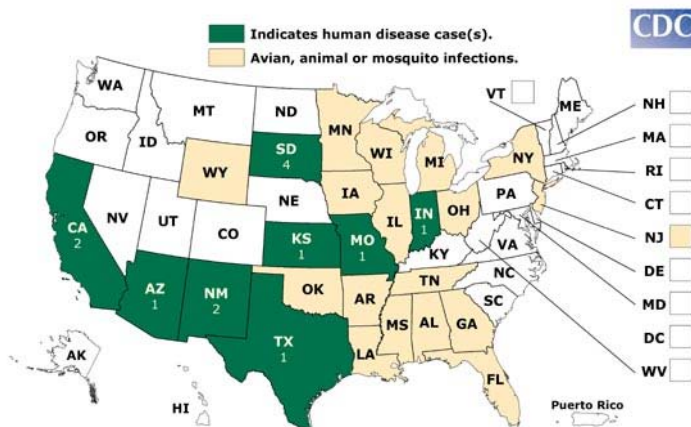
- **Clinical Description of West Nile Virus:**

- The incubation period for WNV infection ranges from 2 to 14 days after a bite from an infected mosquito. Incubation periods may be longer for immunosuppressed individuals.
- Approximately 80% of individuals who become infected never develop any symptoms.
- Clinical syndromes ranging from febrile headache to aseptic meningitis, encephalitis, or acute flaccid paralysis may occur. Rash, myalgia, lymphadenopathy, and weakness may also be prominent.

- **Diagnosis** is made by serology (IgM or paired acute and convalescent IgG) for WNV. Testing is available through commercial laboratories and through OC Public Health on a case-by-case basis (714-834-8180)

- **Treatment** is mainly supportive care. Clinical trials are available for West Nile Neuroinvasive Disease (WNND); for more information, please see www.ochealthinfo.com/epi/wnv/WNVtrials.pdf.

2005 West Nile Virus Activity, as of 7/5



West Nile Virus — Orange County 2005

- Increasing numbers of birds and mosquitoes are testing positive for WNV in Orange County. Human cases are expected at any time.
- WNV serology may cross react with other flaviviruses (e.g., dengue, St. Louis Encephalitis, or yellow fever, including yellow fever vaccine). Therefore, a positive WNV IgG with negative IgM may reflect old flavivirus infection and does NOT rule out acute WNV infection.
- WNV IgM may be negative early in the course of disease. Repeat serology may be indicated if initial testing was done ≤ 7 days after the onset of illness.

Educate your patients, friends and family about WNV prevention -- avoiding mosquito bites:

- Eliminate standing water on your property as this is where mosquitoes breed. Drain pots, unclog gutters, and keep swimming pools clean and chlorinated or drained and covered.
- Make sure that door and window screens are in good condition to keep the mosquitoes out.
- When outdoors, use an insect repellent containing DEET, picaridin, or oil of lemon eucalyptus. Always follow the product directions on the label.
- For more information about prevention: www.ochealthinfo.com/epi/wnv/Repellent.pdf.

Recommended Resources

Orange County Health Care Agency:
www.ochealthinfo.com/epi/wnv

Orange County Vector Control District:
www.ocvcd.org or Ph: 714-971-2421

California Department of Health Services:
www.westnile.ca.gov

Centers for Disease Control and Prevention:
www.cdc.gov/ncidod/dvbid/westnile

If you have any comments about the flyer, contact Kirsten Melbye or Sandra Nutter at (714) 834-8180. To receive this newsletter by email, please contact us at epi@ochca.com.