



CLINICIAN UPDATE, October 13, 2006

THE WEST NILE FILE



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Cases continue to be reported throughout California. Please remain vigilant for signs of West Nile Virus (WNV) infection in your patients. Consider WNV infection in your patients with aseptic meningitis, encephalitis, acute flaccid paralysis, or prolonged fever (> 7 days) and submit serology for WNV testing.

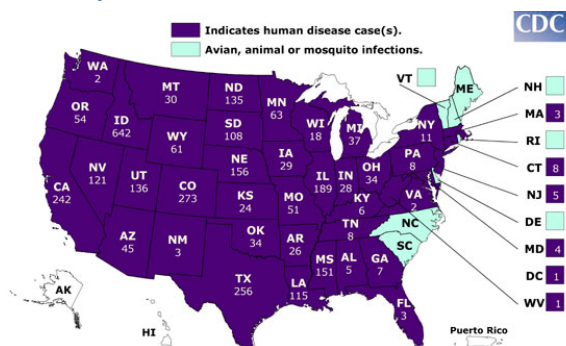
• **Risk Factors for West Nile Neuroinvasive Disease (WNND)**

- 1 in 150 infected people will develop WNND
- Although WNND can occur at any age, those over 50 years of age tend to be at greatest risk. Pregnant women and individuals with conditions that suppress the immune system may also be at increased risk.

• **Avoiding mosquito bites is the #1 way to prevent WNV infection.**

- Practicing personal prevention strategies can significantly reduce one's risk of contracting the virus, by almost 50% according to one study (EID. 2005;11(9):1433-1436). (1) Avoid mosquitoes from dusk to dawn, when they are most active (2) wear long sleeves and pants, and (3) use insect repellent. For information about repellent: <http://www.cdc.gov/ncidod/dvbid/westnile/RepellentUpdates.htm>. For information about insect repellent use on children, visit the American Academy of Pediatrics website at: <http://www.aap.org/family/wnv-jun03.htm>.
- Eliminating standing water on your property where mosquitoes breed can further reduce exposure.
 - Learn how to identify mosquitoes in their beginning stages. A video displaying mosquito larvae in standing water can be found on the Los Angeles County West Vector & Vector Borne Disease Control District website at: <http://www.lawestvector.org/larvaevideo.htm>.
 - Orange County Vector Control District (OCVCD) gives away free mosquito (eating) fish, which can be added to ponds or swimming pools that are no longer being used. For more information, contact OCVCD at 714-971-2421 between the hours of 7-4:30 M-Th & 7-3:30 F.

West Nile Virus Activity in the US
(Reported to CDC as of October 10, 2006)



2006 WNV – Orange County, California, & U.S.

- **Orange County** has reported three WNND cases, two West Nile Fever (WNF) cases, and one asymptomatic blood donor.
- **54/58 California** counties have reported WNV activity. 253 human cases have been reported from 36 counties. There have been four WNV-related fatalities reported in California.
- In the **United States** 3,135 human cases and 97 deaths have been reported to the CDC from 41 states and the District of Columbia as of October 10th.

Diagnostic Testing for West Nile Virus:

- CBC may show normal or elevated WBC
- CSF testing usually shows elevated WBC count (especially lymphocytes) and elevated protein level
- Head CT scan is often normal
- Head MRI scan may show evidence of inflammation (in about one-third of patients)
- **The most accurate way to diagnose infection is serology** (Repeat serology may be indicated if initial testing was done ≤10 days after symptom onset).

Select Counties	2006 YTD # of WNV Cases	2005 YTD # of WNV Cases
Orange	5	17
Los Angeles	12	35
San Bernardino	1	30
Riverside	3	86
San Diego	1	1
Kern	47	58
Fresno	9	49
Stanislaus	11	78
Sacramento	11	157
California	253	806

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