
FOR IMMEDIATE RELEASE

Joint Press Release #8

Date: October 4, 2017

- RE: Viral Meningitis in Lassen County**
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This update is to provide information about an increase in reports of viral meningitis caused by enteroviruses occurring in Lassen County, the requirements for case reporting, and provider information regarding prevention and patient education.

Lassen County Public Health Department Announcements:

- **Enteroviruses with Complications of Viral Meningitis**
 - **To provide further clarification, there was an increase in reports of individuals presenting with viral meningitis like symptoms. Confirmation has been made in several cases that the cause for the viral meningitis symptoms, is enterovirus.**
 - **Enteroviruses as a group, are the most common cause of viral meningitis in the U.S.**
 - **Most people who come into contact with enteroviruses do *not* become ill or have only mild symptoms and only a few develop meningitis.**
 - **Most cases of enterovirus will have a full recovery and without any specific treatment.**
 - **Enterovirus is a virus comparable to the flu virus (influenza).**
 - **The procedures that have been put in place are typical for viral outbreaks.**
- All schools are to remain open.
 - All extracurricular activities are allowed to resume.
 - This situation is still being treated the same as the FLU virus.
 - If our recommendations change, we will provide further updates.

Important Reminders: These recommendations prevent the spread of germs.

- Extracurricular Activities
 - DO NOT allow the sharing of drinks, including water bottles. Each player should have their own drink container.
 - DO NOT allow the sharing of food, utensils, chapstick, or any other items that have come into contact with someone else's saliva.
 - DO NOT allow the sharing of towels; each player should have their own.
- Frequent Hand Washing
 - With soap and water for 20 seconds.
 - Before preparing and eating food.
 - After using the bathroom and/or changing diapers.
 - Before touching your face.
 - After sneezing or coughing and always cough or sneeze into your elbow.

- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home if you are sick: do not attend school, work, church services, public functions or large gatherings.

Current Situation: There have been 3 new suspect cases at this time.

As of October 4, 2017, 46 possible cases of viral meningitis have been reported to Lassen County Public Health (LCPH) since September 23, 2017. We have 23 suspected cases, 14 cases of clinically diagnosed (9 of which are lab confirmed) and 9 cases that have been ruled-out for viral meningitis.

When it became clear that a greater number of cases than average were being reported, LCPH began an epidemiological investigation. The connection has been found between some cases and further investigation will continue with the assistance of California Department of Public Health and Center for Disease Control and Prevention.

To date, spinal fluid for the initial 11 cases of suspected viral meningitis have been submitted to the California Department of Public Health's Viral and Rickettsial Disease Laboratory (CDPH VRDL) for viral testing. Of those, 9 have tested positive for enteroviruses which can be broken into 65 different strains (including, echoviruses, Coxsackie viruses and others). Serotyping will be conducted on the positive enteroviruses samples to determine the exact strain.

One has tested negative for enteroviruses and one is being retested. More samples have been sent and are pending laboratory analysis. Some patients were hospitalized briefly (1-6 days, most 2-3 days), with no deaths.

Epidemiology

Enterovirus occurs most commonly in the summer and fall months and some enteroviruses will have irregularly occurring upsurges. Enterovirus is a virus comparable to the flu virus (influenza).

Enteroviruses, as a group, are the most common cause of viral meningitis in the U.S. and usually results in a self-limited disease with full recovery and without specific treatment. Enteroviruses will circulate in a community with many not having any notable symptoms or are asymptomatic. Other persons may experience respiratory or gastrointestinal symptoms and a few who develop viral meningitis with associated symptoms (headache, stiff neck, nausea, light sensitivity, etc.) though they are contagious.

Reminder for Providers - Diagnosis & Management

Bacterial meningitis must be ruled out in any case presenting with symptoms suggestive of meningitis. In addition to Spinal Fluid cell counts, protein and glucose, Gram stain and culture, a Bactogen panel can be helpful in differentiating viral and bacterial meningitis.

An outbreak associated with viral (aseptic) meningitis case is defined as an illness of those with an onset of symptoms during September 23, 2017, to current with 1) cerebrospinal fluid pleocytosis and negative bacterial culture or 2) an emergency department visit with headache, stiff neck, nausea, light sensitivity, and vomiting.

The state laboratory is also performing viral testing on available spinal fluid specimens associated with this upsurge of viral meningitis cases in Lassen County. Providers please notify the Lassen County Public Health if you have a suspect viral meningitis case.



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Patients with signs of viral meningitis do not require isolation beyond usual standard precautions, but hand washing and respiratory hygiene should be emphasized.

Prevention and Patient Information

Prevention is following the usual standard precautions with an emphasis on hand washing and respiratory secretion hygiene. There is no vaccine or specific prophylaxis or treatment for most enteroviruses or viral meningitis, except those caused by vaccine preventable diseases such as measles, mumps and varicella, or by herpes simplex which is treatable with antivirals. Treatment is generally supportive care and pain management.

Patients and family are frequently very anxious about meningitis and education about viral meningitis that differentiates viral from bacterial meningitis is helpful. Education regarding the importance of hand washing and respiratory hygiene--for everyone community wide--is important to reduce spread.

Call Center:

The call center number is closed at this time, if you have questions please call (530) 252-2096 for more information.

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