



DON'T BE AFRAID TO ASK

# BUG BITES

A monthly publication from the Infectious Disease (ID) department

MONTHLY INFECTIOUS DISEASE NEWSLETTER

IN THIS ISSUE – WEST NILE, ANTIBIOTICS, HAND HYGIENE

## WEST NILE

West Nile virus (WNV) is the leading cause of mosquito-borne disease in the continental United States. Cases of WNV occur in the summer and continue through fall. Mosquitoes in Ventura have already tested positive for West Nile virus this year. 8 in 10 people will have no symptoms. 1 in 5 people who are infected develop a fever with headache, body aches, joint pains, vomiting, diarrhea, or rash. Most people with this type of disease recover completely, but fatigue and weakness can last for weeks or months. About 1 in 150 people who are infected develop a severe illness such as encephalitis or meningitis, and those who are immunosuppressed are at increased risk for severity of illness & complications.

## ANTIBIOTIC OVERUSE

According to the CDC, each year in the United States, at least 2 million people get infected with antibiotic-resistant bacteria. At least 23,000 people die as a result.

You can give your patients a great handout called “A Commitment to Patients” regarding the importance of limiting antibiotics. This document is available under Patient Education in Cerner in both Spanish and English. Also found at this link:

<https://www.cdc.gov/antibiotic-use/community/materials-references/print-materials/index.html>

## Question of the Month

Should you be screening for latent Tuberculosis (TB) with a quantiferon or PPD skin test for all patients prior to the initiation of steroids/immunosuppressive medication?

**YES!**

and also consider screening for it annually.

## Did you know?

**WASHING HANDS SAVES LIVES.** We want to empower our patients to ask you if you washed your hands!

**ASK  
me to  
PLEASE WASH  
my hands**

ID website for resources:

<http://www.venturafamilymed.org/rotations/infectious-disease>