NOROVIRUS aka Cruise Ship Virus

Norovirus causes acute gastroenteritis. A person usually develops symptoms of diarrhea, vomiting, stomach pain, fever, and body aches 12 to 48 hours after being exposed. Most people will get better quickly usually within 1 to 3 days.

Norovirus can be found in your vomit or stool even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better. It is important to continue washing your hands regularly with soap and water during this time.

VACCINATIONS

The flu season is just getting started. It is not too late to get vaccinated. Vaccination is always the best way to prevent flu and its potentially serious complications. Please vaccinate your patients and loved ones against flu and pneumonia this year.

Check out CDC surveillance report.
https://www.cdc.gov/flu/weekly/

Question of the Month

Does a patient with nontuberculous mycobacteria (NTM) found in sputum need treatment?

It is important to differentiate between colonization and disease. Many are colonized and do not require treatment. Just because it grew on the plate does not mean it is a pathogen. The treatment, when indicated, is often a 3-drug combo for almost a year.

Refer to https://www.ntminfo.org/what-is-ntm/ for more information.

Did you know?

Urine chlamydia can be negative but the patient can still have rectal procto-colitis from Lymphogranuloma venereum (LGV). LGV is caused by C. trachomatis serovars L1, L2, or L3. One must have a high index of suspicion in those who engage in anal sex. Treatment is usually doxycycline x 21 days + partner treatment.

ID website for resources:
http://www.venturafamilymed.org/rotations/infectious-disease