

## Public Health Services Update

January 8, 2019

Dear Kern County Health Care Provider:

This quarterly letter is being sent to call your attention to some important health updates in Kern County. This letter contains hyperlinks and can be accessed on our [website \(https://kernpublichealth.com/health-bulletin/\)](https://kernpublichealth.com/health-bulletin/).

- **E-cigarette and Vaping-Associate Lung Injury (EVALI) Update**

Formerly referred to as Vaping-Associated Pulmonary Injury (VAPI), EVALI remains a diagnosis of exclusion. Rapid recognition of EVALI is critical to reduce severe outcomes. [Recommendations for managing patients with suspected EVALI](#) were published in the November 2019 MMWR. Vitamin E acetate has been identified as a possible contributor to EVALI. Vitamin E acetate can be found in food and cosmetic products; it is also used as a thickener for THC-containing e-cigarette and vaping products. While Vitamin E acetate does not cause harm when ingested or applied to the skin, some research suggests it can interfere with lung functioning when inhaled. In [California](#), there have been 178 patients hospitalized and 4 deaths. Please report all suspected cases of EVALI to the Kern County Public Health Services Department (KCPHSD) immediately by phone at 661-868-0253.

- **Know Your Numbers – Free Health Screenings, Fitness Sessions, and Nutrition Classes**

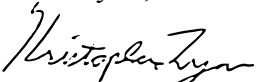
KCPHSD has launched a new program to encourage healthy eating and active living in our community to reduce obesity and obesity-related conditions. The 6-week event offers health screenings coupled with fitness and nutrition classes, all free. The program is customized to meet the needs of any fitness level and accommodate an array of dietary preferences or restrictions. Residents in Buttonwillow, Arvin, and Lamont have completed programs and the program is scheduled to begin in Tehachapi, East Bakersfield, and South Bakersfield in early January. More information can be found [here](#).

- **Mumps Cases at Wasco State Prison**

Multiple mumps cases were identified at Wasco State Prison in December 2019. An additional case has been identified in January 2020. At this time, no mumps infections have been confirmed in community residents. Kern County will be under enhanced surveillance for mumps through at least January 28, 2020. Please report all suspected cases of mumps to the Health Department as soon as possible. PCR is the preferred method for testing an acute case of mumps. Mumps serology has limited interpretation due to false positive IgMs. More information regarding mumps clinical evaluation can be found [here](#).

If you have any questions, please contact KCPHSD by phone at 661-321-3000, via email at [publichealth@kerncounty.com](mailto:publichealth@kerncounty.com), or visit our [website](#).

Thank you,



Kristopher Lyon, MD  
Interim Health Officer