



# COUNTY OF YOLO

Health and Human Services Agency

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## HEALTH ALERT

Date: January 25, 2024

To: Yolo County Healthcare Providers

From: Aimee Sisson, MD, MPH, Yolo County Public Health Officer

Subject: Ciprofloxacin-resistant *Neisseria meningitidis*; discontinue use of ciprofloxacin for post-exposure prophylaxis

### Key Messages

- Due to the detection of ciprofloxacin-resistant strains of *Neisseria meningitidis*, providers in Yolo County are recommended to discontinue the use of ciprofloxacin for invasive meningococcal disease (IMD) post-exposure prophylaxis (PEP).
- Rifampin, ceftriaxone, or azithromycin are recommended options for IMD PEP in Yolo County.

### Background

IMD is a rare and serious condition; during the 5-year period from 2016-2020, 24 to 80 cases occurred yearly in California. [Ciprofloxacin-resistant strains of \*Neisseria meningitidis\* have been increasing both nationally and internationally in recent years.](#) In the last 12 months, there have been two reported cases of ciprofloxacin-resistant IMD in Northern California, one in the Bay Area and one in the Sacramento region. Resistance to ceftriaxone, the first-line antibiotic recommended for IMD *treatment*, has not been detected.

CDC issued [public health guidance](#) in May 2023 to discontinue use of ciprofloxacin for IMD PEP in any geographic area where two criteria are met over a rolling 12-month period:

- (1) Two or more IMD cases caused by ciprofloxacin-resistant strains are reported, and
- (2) The cases caused by ciprofloxacin-resistant strains make up at least 20% of all reported IMD cases.

The Bay Area and Sacramento regions, as a combined geographic area, now meet these criteria. This includes Yolo County.

#### Davis

600 A Street  
Davis, CA 95616  
Mental Health (530) 757-5530

#### West Sacramento

500 Jefferson Boulevard  
West Sacramento, CA 95605  
Service Center (916) 375-6200  
Mental Health (916) 375-6350  
Public Health (916) 375-6380

#### Winters

111 East Grant Avenue  
Winters, CA 95694  
Service Center (530) 406-4444

#### Woodland

25 & 137 N. Cottonwood Street  
Woodland, CA 95695  
Service Center (530) 661-2750  
Mental Health (530) 666-8630  
Public Health (530) 666-8645

### **Recommendations**

Medical providers should report all suspected and laboratory confirmed cases of IMD (generally bacteremia and/or meningitis due to *Neisseria meningitidis*) to Yolo County Public Health immediately by telephone (530-666-8670). Yolo County Public Health will assist with identification of close contacts to the case and provide post-exposure prophylaxis (PEP) recommendations to contacts of the case.

### **Ciprofloxacin should no longer be used for IMD PEP in Yolo County.**

**For IMD PEP, prescribe rifampin, ceftriaxone or azithromycin instead of ciprofloxacin.** These recommendations (see table on page 3 and [CDPH Meningococcal Quicksheet](#)) should be followed until updated public health guidance is issued.

No changes to empiric *treatment* of IMD are recommended at this time. Providers are encouraged to request antimicrobial susceptibility testing (AST) of *Neisseria meningitidis* isolates at their medical facility's laboratory to help guide clinical treatment, if such testing is available. Yolo County Public Health will assist with transfer of all meningococcal isolates to a public health lab for AST, but the results will not generally be available in time to guide treatment decisions.

### **Resources**

CDC Meningococcal Disease: <https://www.cdc.gov/meningococcal/index.html>

CDC Meningococcal Vaccines: <https://www.cdc.gov/vaccines/vpd/mening/index.html>

CDC Threshold for Changing Meningococcal Disease Prophylaxis Antibiotics in Areas with Ciprofloxacin Resistance: <https://www.cdc.gov/meningococcal/outbreaks/changing-prophylaxis-antibiotics.html>

CDPH Meningococcal Disease:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/meningococcal.aspx>

CDPH Meningococcal Quicksheet:

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/IMM-MeningQuicksheet.pdf>

If you have any questions about this Health Alert, please contact Dr. Sisson at [aimee.sisson@yolocounty.org](mailto:aimee.sisson@yolocounty.org) or (530) 666-8765.

**Recommended chemoprophylaxis ciprofloxacin-resistant regimens**

Age	Dose	Duration	Efficacy	Cautions/Notes
<b>Rifampin<sup>a</sup></b>				
<1 month	5 mg/kg, every 12 h, po	2 days		Discussion with an expert for infants <1 month of age.
≥1 month	10 mg/kg (maximum 600 mg), every 12 h, po	2 days	90–95%	Can interfere with efficacy of oral contraceptives and some seizure and anticoagulant medications; can stain soft contact lenses.
Adult	600 mg every 12 h, po	2 days	90–95%	
<b>Ceftriaxone</b>				
<15 years	125 mg, intramuscularly	Single dose	90–95%	To decrease pain at injection site, dilute with 1% lidocaine.
≥15 years – Adult	250 mg, intramuscularly	Single dose	90–95%	
<b>Azithromycin</b>				
Pediatric	10 mg/kg (maximum 500 mg), po	Single dose	90%	<u>Not</u> recommended routinely; may be recommended in jurisdictions with ciprofloxacin-resistant <i>N. meningitidis</i> strains. Equivalent to rifampin for eradication of <i>N. meningitidis</i> from nasopharynx in one study of young adults.
Adult	500 mg, po	Single dose	90%	

Note: Penicillin is often appropriate as treatment but is not appropriate for chemoprophylaxis.

<sup>a</sup> Not recommended for use in pregnant women.