



## HEALTH ADVISORY ZIKA VIRUS DISEASE

April 1, 2016

### KEY UPDATES

- As of 3/29/2016, two Alameda County residents have been confirmed by laboratory testing to have had travel-associated Zika virus infection. Both were exposed in 2015.
- On 3/25/2016, The California Department of Public Health (CDPH) announced the first confirmed Zika virus case in California acquired through sexual contact with a partner with travel-associated Zika-infection.
- The Centers for Disease Control and Prevention (CDC) now defines a clinical illness consistent with Zika virus disease as having **one** or more of the following signs or symptoms: acute onset of fever, maculopapular rash, arthralgia or conjunctivitis. Previously, two or more signs/symptoms were required.
- The CDC updated its interim guidance for **prevention of sexual transmission of Zika virus** for couples in which a man has traveled to or resides in an area with active Zika transmission:
  - If the man's partner is a pregnant woman, he should use condoms consistently and correctly or abstain from sex for the duration of the pregnancy
  - If the man's partner is a woman who is not pregnant, he should consider using condoms or abstaining from sex for the following time intervals:
    - If he had confirmed Zika virus infection or symptoms consistent with Zika virus disease and a history of Zika exposure -- at least 6 months after symptom onset
    - If he traveled to an area with Zika virus transmission but was asymptomatic—at least 8 weeks after departure from the area
    - If he resides in an area with Zika virus transmission but was asymptomatic – while Zika virus transmission exists and he resides in that area
- The CDC updated its interim guidance on **preconception counseling recommendations**. Persons should wait for the following time intervals before attempting conception:
  - Women who had Zika virus disease -- at least 8 weeks after symptom onset
  - Men who had Zika virus disease -- at least 6 months after symptom onset
  - Women and men who reside in an area with Zika virus transmission and are asymptomatic – should speak with their health care providers
- The CDC updated travel recommendations state that travel that is limited to elevations higher than 2,000 m (6,562 ft) above sea level is considered to have minimal (approximately 1%) likelihood for mosquito-borne Zika virus transmission, even within countries reporting active transmission. Women who are pregnant should avoid travel to elevations <2,000 m in countries with active Zika virus transmission.
- As of 3/25/16, CDPH began diagnostic Plaque Reduction Neutralization Testing (PRNT) for Zika virus on serology specimens, which no longer require confirmatory testing at CDC.

### SITUATION

As of 3/31/2016, many countries and territories in Latin America, the Caribbean, Oceania/Pacific Islands and Cape Verde in Africa have reported active Zika virus transmission. The current list of Zika-affected areas is here: <http://www.cdc.gov/zika/geo/index.htm>. California case counts are at <https://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>. Monitor the [ACPHD Zika web page](#) for updated Alameda County forms and instructions.



### **ACTIONS REQUESTED OF CLINICIANS:**

1. **OBTAIN TRAVEL HISTORY** from patients with a febrile and/or rash illness.
2. **CONSIDER ZIKA TESTING** for any person with a compatible clinical presentation (*one* or more of the following: fever, maculopapular rash, arthralgia, conjunctivitis) OR fetal abnormalities and a history of Zika virus exposure, defined as: (a) travel to areas with ongoing Zika transmission in the 2 weeks before symptom onset; or (b) condomless sexual contact with a male partner who traveled to an area of ongoing Zika virus transmission and had symptoms of Zika disease during travel or within 2 weeks of return.
3. **CONSIDER ZIKA SEROLOGY FOR ASYMPTOMATIC PREGNANT WOMEN:**
  - o Who have a history of Zika virus exposure as defined in #2 above. Only specimens collected *within 2-12 weeks of exposure* will be tested
  - o Who were exposed up to 8 weeks prior to conception; specimens should be collected within 2-12 weeks of exposure
4. **CONSIDER ZIKA TESTING** in infants with microcephaly or other congenital abnormalities and their mothers if the mother has a history of Zika virus exposure
5. **CONSIDER ZIKA TESTING** in persons with Guillain-Barré Syndrome and a history of Zika exposure
6. **FAX the [ACPHD ZIKA VIRUS TESTING REQUEST FORM](#) to PUBLIC HEALTH at 510-268-2111** to obtain approval and receive further instructions **prior to sending specimens.**
7. **COUNSEL WOMEN who are pregnant or who are attempting to become pregnant** about travel precautions.
8. **COUNSEL MEN and WOMEN** about precautions for prevention of sexual transmission of Zika virus and preconception counseling recommendations as described in the Key Updates above.
9. **REPORT** suspected or confirmed cases of dengue, chikungunya, or Zika virus disease to ACPHD Acute Communicable Disease Unit (ACD) by faxing a Confidential Morbidity Report form to 510-268-2111.

### **LABORATORY TESTING**

For specimen collection, storage and shipping guidance from the Alameda County Public Health Laboratory, see <http://www.acphd.org/zika/specimen-submission.aspx>.

### **INFECTION CONTROL**

Standard precautions should be implemented for suspect and confirmed cases of Zika virus infection, including labor and delivery settings.

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6511e3.htm?s\\_cid=mm6511e3\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6511e3.htm?s_cid=mm6511e3_w)

### **RESOURCES**

Alameda County Public Health Department Zika Virus <http://www.acphd.org/zika.aspx>

CDPH Zika Virus: <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>

CDC Zika Virus general information: <http://www.cdc.gov/zika/>

CDC travel notices: <http://wwwnc.cdc.gov/travel/notices/>.

MMWR Update: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure: [http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s\\_cid=mm6512e2er\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s_cid=mm6512e2er_w)

MMWR Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus:

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s\\_cid=mm6512e3er\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s_cid=mm6512e3er_w)

MMWR Preventing Transmission of Zika Virus in Labor and Delivery Settings Through Implementation of Standard Precautions: [http://www.cdc.gov/mmwr/volumes/65/wr/mm6511e3.htm?s\\_cid=mm6511e3\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6511e3.htm?s_cid=mm6511e3_w)

MMWR Revision to CDC's Zika Travel Notices: Minimal Likelihood for Mosquito-Borne Zika Virus Transmission at Elevations Above 2,000 Meters: [http://www.cdc.gov/mmwr/volumes/65/wr/mm6510e1.htm?s\\_cid=mm6510e1\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6510e1.htm?s_cid=mm6510e1_w)