



## HEALTH ADVISORY ZIKA VIRUS DISEASE

August 10, 2016

*Information is evolving rapidly, please check website resources listed for the most up to date information.*

### **KEY UPDATES**

- On 7/25/16, the Centers for Disease Control and Prevention (CDC) updated its [interim guidance](#) for assessment & testing in pregnant women. Updated guidance includes:
  - An expanded definition of Zika exposure to include unprotected sex with any partner (*male or female, regardless of Zika symptoms*) with history of travel or residence in an area with active Zika transmission
  - Assess all pregnant women for Zika exposure at each prenatal visit
  - For **symptomatic** pregnant women
    - **< 2 weeks post exposure**
      - Extends the recommended timeframe for testing serum Zika PCR from up to 1 week to *2 weeks* after symptom onset
      - If pregnant women tested within 2 weeks of symptom onset test PCR negative, Zika & Dengue virus IgM testing is recommended 2-12 weeks after symptom onset
    - **2-12 weeks post exposure**
      - Zika & Dengue virus IgM; if positive or equivocal, serum PCR and/or Plaque Reduction Neutralization Test may be performed and urine PCR may be considered
  - For **asymptomatic** pregnant women not living in areas with active Zika virus transmission
    - **< 2 weeks post exposure**
      - Serum and urine Zika PCR
    - **2-12 weeks post exposure**
      - Zika virus IgM testing, if positive or equivocal, serum PCR and/or Plaque Reduction Neutralization Test may be performed and urine PCR may be considered
- The CDC updated its [interim guidance](#) for **prevention of sexual transmission of Zika virus** for couples in which one partner has traveled to or resides in **an area with active Zika transmission**:
  - Pregnant women, should use barrier methods consistently and correctly or abstain from sex for the duration of the pregnancy. Recommendations were expanded to cover all pregnant couples, including pregnant women with female sex partners.
  - All travelers should consider using barrier methods or abstaining from sex for the following time intervals:
    - If males had confirmed Zika virus infection or symptoms consistent with Zika virus disease -- at least *6 months* after symptom onset
    - Women with confirmed Zika virus infection or symptoms consistent with Zika virus disease - - at least *8 weeks* after symptom onset
    - If either partner traveled to an area with Zika virus transmission but was asymptomatic—at least 8 weeks after departure from Zika-affected area
- Pregnant women should avoid non-essential travel to all areas with active Zika transmission, including area(s) identified by the Florida Department of Health <http://www.cdc.gov/zika/intheus/florida-update.html>.

### **SITUATION**

As of 8/3/2016, CDC reports 1818 travel-associated Zika infections in the continental U.S., including 479 infections in pregnant women, 16 sexually transmitted infections, and 5 patients with Guillain-Barré syndrome. One laboratory-acquired infection has been reported. Florida has reported 6 non-travel associated Zika cases due



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to local mosquito transmission. As of 7/28/16, 15 liveborn infants with birth defects and 6 pregnancy losses associated with Zika have been reported in the continental U.S.

As of 8/5/16 California reports 134 cases including 1 due to sexual transmission, 23 pregnant women, and 2 infants with birth defects. All CA cases have been travel associated; 10 of the 134 cases are in Alameda County. See <https://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx> for weekly updated case counts. See <http://www.cdc.gov/zika/geo/index.htm> for current list of Zika-affected areas.

**ACTIONS REQUESTED OF CLINICIANS:**

- **OBTAIN TRAVEL HISTORY** from patients with a febrile and/or rash illness.
- **ASSESS ALL PREGNANT WOMEN FOR ZIKA EXPOSURE AT EVERY VISIT.**
- **CONSIDER ZIKA TESTING** for the following persons with a history of Zika exposure, defined as (a) travel to areas with ongoing Zika transmission in the 2 weeks before symptom onset; or (b) unprotected sexual contact with a partner who traveled to an area of ongoing Zika virus transmission:
  - Pregnant women, regardless of symptoms
  - Persons with Zika symptoms, defined as at least one of the following: fever, maculopapular rash, arthralgia, conjunctivitis
  - Guillain-Barré
  - Infants with microcephaly, intracranial calcifications, or other congenital abnormalities and a mother who had possible Zika virus exposure.
  - **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.**
- **COUNSEL WOMEN who are pregnant or who are attempting to become pregnant** about barrier methods & travel precautions and use of barrier methods with partners who have potential Zika exposure.
- **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 updated testing algorithms for pregnant women see CDC Update: Interim Guidance for Pregnant Women with Possible Zika Virus Exposure, July 2016:

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6529e1.htm?s\\_cid=mm6529e1\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6529e1.htm?s_cid=mm6529e1_w)

For updated testing request forms, 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:

Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, July 2016

<http://www.cdc.gov/mmwr/volumes/65/wr/pdfs/mm6529e2.pdf>

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)