



## County of Sacramento

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### HEALTH ADVISORY Zika Virus in Travelers and Pregnant Women January 29, 2016

#### Situational Update

Recent outbreaks of Zika virus have occurred in Latin America and the Caribbean. There is a possible association between Zika virus infection in pregnant women and the birth defect microcephaly in newborns.

Zika virus is transmitted by *Aedes aegypti* and *Aedes albopictus* mosquitos. The virus is not transmitted from person-to-person. These mosquitos are not native to California but have been detected in some California Counties since 2011. These mosquitos have not been detected in Sacramento County.

No local transmission of Zika infections has occurred in California.

A Centers for Disease Control and Prevention (CDC) travel alert is in effect for countries where Zika virus transmission is ongoing, including countries in Central America, South America, the Caribbean and Mexico.

The California Department of Public Health (CDPH) recommends special travel precautions for pregnant women and women who may become pregnant until more information is known. Pregnant women in any trimester should consider postponing travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas and women who are trying to become pregnant should talk with their healthcare provider before traveling to these areas and strictly follow steps to avoid mosquito bites during the trip.

#### Actions Requested for All Health Care Providers

- **Report** suspect cases of Zika virus infection (see page 2 for Clinical Disease description) to Sacramento County Public Health (SCPH) on the Confidential Morbidity Report (CMR) form by confidential fax (916) 854-9709 or online using the CalREDIE Provider Portal. Please include symptom onset date (if any), travel dates, and countries visited.
- **Report** suspect cases of Zika, dengue or chikungunya to Sacramento County Public Health by calling (916) 875-5881 to coordinate serological testing at the California State Viral and Rickettsial Diseases Lab (VRDL) to confirm the diagnosis (no commercial tests are available). Specimens can be transported to VRDL on regular weekdays by arrangement. Please complete both the VRDL lab request and the CDC DASH forms.
- **Review** the epidemiology and signs and symptoms of Zika.
- **Consider** Zika in the differential diagnosis of febrile patients with compatible signs, who have traveled to an endemic area in the two weeks prior to symptom onset.
- **Evaluate** pregnant women who traveled to an area with ongoing Zika virus transmission during pregnancy to determine if their baby has evidence of microcephaly or brain calcifications. Dengue and chikungunya virus infection should be ruled out in these patients since antibody test for these related viruses can be cross-reactive.
- **Counsel** pregnant women to postpone travel to areas with ongoing Zika virus transmission.
- **Advise** patients with suspected Zika, chikungunya, or dengue to take measures to avoid being bitten by mosquitoes during the first week of illness to prevent local transmission of these viruses.

## Clinical Disease

- About one in five people infected with Zika virus become symptomatic. Most infected people have no symptoms. Characteristic clinical findings include acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis. Symptoms usually begin 3-7 days after a person is bitten by an infected mosquito and last several days to a week. Severe disease requiring hospitalization is uncommon and fatalities are rare.
- There is no specific treatment for Zika virus disease. The only treatment option available is the provision of supportive care including rest, fluids, and use of analgesics and antipyretics.
- Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided until dengue can be ruled out to reduce the risk of hemorrhage.

## Prevention


- There are no vaccines to prevent Zika infection. Preventing mosquito bites is the only way to avoid becoming infected.
- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol for long lasting protection. If using both sunscreen and insect repellent, apply the sunscreen first and then the repellent.
- **Using insect repellent is safe and effective. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label.**
- When weather permits, wear long-sleeved shirts and long pants.
- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.
- Help reduce the number of mosquitoes outside your home or hotel room by emptying standing water from containers such as flowerpots or buckets.

## Sources for Information:

- CDPH Health Advisory regarding Zika virus in Latin America: <http://www.cdph.ca.gov/HealthInfo/discond/Documents/CDPHZikaVirusHealthAdvisory.pdf>
- CDC information about Zika virus and disease: <http://www.cdc.gov/zika/>
- Protection against mosquitoes: <http://wwwnc.cdc.gov/travel/yellowbook/2016/the-pre-travel-consultation/protection-against-mosquitoes-ticks-other-arthropods>
- Travel notices related to Zika virus: <http://wwwnc.cdc.gov/travel/notices>
- Pan American Health Organization (PAHO): [http://www.paho.org/hq/index.php?option=com\\_topics&view=article&id=427&Itemid=41484&lang=en](http://www.paho.org/hq/index.php?option=com_topics&view=article&id=427&Itemid=41484&lang=en)
- MMWR Interim Guidelines for Pregnant Women: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>

If you need additional information about Zika virus infection please contact the Sacramento County Communicable Disease Program at 916-875-5881.

Sincerely,



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