



County of Sacramento

HEALTH ADVISORY Zika Virus February 23, 2016

Situational Update

The Centers for Disease Control and Prevention (CDC) released three new interim guidelines on Zika in February 2016:

- [Interim guidelines for Health Care Providers Caring for Infants and Children](#)
- [Update: Interim guidelines for Health Care Providers Caring for Pregnant Women and Children](#)
- [Interim guidelines for prevention of sexual transmission](#)

Evidence suggests an association between maternal Zika virus infection and adverse fetal outcomes such as congenital microcephaly. There is also a possible association of Zika virus infection and Guillain-Barré syndrome.

Zika virus is transmitted by *Aedes aegypti* and *Aedes albopictus* mosquitos. 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. Sexual transmission of Zika virus is possible. The duration of persistence of Zika virus in semen remains unknown.

No local transmission of Zika infections has occurred in California. There have been three travel-associated cases of Zika virus infection in California residents in 2016 (as of 2/19/16); none of these cases were in Sacramento County residents.

A CDC travel alert remains in effect for countries where Zika virus transmission is ongoing, including countries in Central America, South America, the Caribbean and Mexico.

Laboratory Testing

On February 19, 2016, the CDC updated the laboratory testing guidelines to include symptomatic children with history of travel to affected areas. Currently, serologic testing for Zika virus is only offered to the following persons:

- Pregnant women who develop clinically compatible symptoms within two weeks after travel to an affected area
- Infants or children age <18 who develop compatible symptoms within two weeks after travel to an affected area
- Asymptomatic pregnant women 2-12 weeks after travel to an affected area; If it has been longer than 12 weeks since travel, serologic testing is not recommended

Providers wishing to arrange testing for Zika virus for patients that meet the above eligibility criteria must:

- 1) Contact Sacramento County Public Health (SCPH) at (916) 875-5881 Monday-Friday between 8:00am-5:00pm. Providers should not contact the State VRDL directly. Providers are encouraged to also consider ordering serologic testing for dengue and chikungunya virus infection.
- 2) Fully complete both the [CDPH VRDL Form](#) and the [CDC DASH Form](#). Forms with incomplete demographics, symptoms or travel history may be returned to the provider, resulting in delayed or canceled testing.

- 3) Collect the serum specimen or make arrangements for a commercially available laboratory to collect the serum specimen; collection is not done by SCPH. Collect at least 2ml of serum (5-10ml of blood) in a red top or serum separator tube.
- 4) Send serum specimens to the Sacramento County Public Health Laboratory (SCPHL) at 4600 Broadway, Sacramento, CA 95820. SCPHL will coordinate testing with CDPH VRDL.

Actions Requested for All Health Care Providers

- **Report** suspect cases of Zika virus infection to 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, countries visited, age and pregnancy status.
- **Report** suspect cases of Zika, dengue or chikungunya to SCPH by calling (916) 875-5881 and to coordinate serological testing at the California State Viral and Rickettsial Diseases Lab (VRDL) to confirm the diagnosis (no commercial tests are available).
- **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 VRDL laboratory testing guidance: <https://www.cdph.ca.gov/programs/vrdl/Pages/ZikaInfo.aspx>

- CDPH information about Zika virus infection: <https://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>
- CDC information about Zika virus infection: <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>
- MMWR Zika Reports: http://www.cdc.gov/mmwr/zika_reports.html

If you need additional information about Zika virus infection after reviewing the provided resources, contact the Sacramento County Communicable Disease Program at 916-875-5881.

Sincerely,

A handwritten signature in black ink that reads "Olivia Kasirye MD". The signature is written in a cursive, flowing style.

Olivia Kasirye, MD, MS
Public Health Officer