



COUNTY OF YOLO

Health and Human Services Agency

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Health Alert

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Zika Virus

Recommendations for Travelers and Pregnant Women returning from Central America, South America, the Caribbean, and Mexico

Situational Update:

- Zika is a mosquito-borne virus that causes mild illness with fever, rash, joint pain, and conjunctivitis in approximately 20% of those who become infected. Outbreaks have occurred in locations in Africa, Southeast Asia, the Pacific Islands, and the Americas. Cases in the United States (including California) have been diagnosed in returning travelers. Recently in Brazil, increased numbers of newborns with microcephaly and fetal losses have been noted among mothers who were infected with Zika virus while pregnant. However, additional studies are needed to understand the potential embryonic and fetal effects of Zika virus.
- Zika virus is transmitted by *Aedes* mosquitoes; there is no person-to-person transmission. No local transmission of Zika infections has occurred in California.

California Department of Public Health (CDPH) Recommendations:

- 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 should talk to their healthcare provider first and strictly follow **steps to avoid mosquito bites** (see prevention below) during the trip.
- Women trying to become pregnant should consult with their healthcare provider before traveling to these areas and strictly follow **steps to avoid mosquito bites** (see prevention below).

Actions Requested of all Clinicians:

- 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 a Zika endemic or outbreak 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 tests for these related viruses can be cross-reactive.
- **Counsel pregnant women to consider postponing travel** to areas with ongoing Zika virus transmission.
- **Report suspect cases of Zika virus disease to Yolo County Community Health** on the standard Confidential Morbidity Report ([CMR](#)) form by confidential fax 530-669-1549 or online using the CalREDIE portal. **Please include symptom onset date (if any), travel dates, and countries visited.**
- **If Zika, chikungunya, or dengue is suspected, contact Yolo County Community Health at 530-666-8670 between 8am and 5pm, or after hours the Medical Health Operational Area Coordinator (MHOAC) 530-321-3620**, to coordinate serologic 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 the VRDL on regular weekdays by arrangement. Please complete both the VRDL [lab request](#) and CDC [DASH](#) forms.
- Establish the correct diagnosis because proper clinical management of dengue can improve outcome and follow-up is recommended for women who have Zika during pregnancy.

Please distribute to all providers in your practice

- 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 Tips for Travelers to Affected Countries:

- 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:

- Yolo County Community Health: <http://www.yolohealth.org>
- 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
- MMWR Interim Guidelines for Pregnant Women: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>

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