



SUTTER COUNTY HUMAN SERVICES DEPARTMENT
Public Health Division



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ZIKA HEALTH ADVISORY #3

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To: All Sutter County Physicians, Obstetricians, Infectious Disease Specialists, Nurse Midwives, Nurse Practitioners, Physicians Assistants, Occupational Health Services, Infection Control Specialists, Labor and Delivery Units, Neonatal Units, Pharmacists, Clinical Managers, Local Clinical Laboratories

From: Lou Anne Cummings, MD, MPH, Health Officer, Sutter County Public Health

RE: Zika Virus

- Situation Update
- Zika Virus Transmission and Prevention
- Reporting Potential and Confirmed Cases
- Laboratory Testing for Zika

This advisory provides updated information about the Zika virus epidemic in the Americas and updated guidance for local healthcare providers.

Situation Update

Zika virus is a mosquito-borne flavivirus related to the West Nile, dengue and chikungunya viruses. First identified in Uganda in 1947, ZIKV is now found across parts of Southern Asia, Pacific Islands, and much of Latin America and the Caribbean, including Mexico. Zika Virus is at epidemic levels in many areas in South America and the Caribbean.

CDC publishes a list of countries with Zika transmission at <http://wwwnc.cdc.gov/travel/page/zika-information>. Travel notices are listed for countries with Zika virus transmission and health guidance for travelers by destinations.

Local transmission is occurring in Puerto Rico, American Samoa and now in limited locations in Florida. Zika virus is expected to gradually spread to other parts of the southern U.S. The situation is changing rapidly and the CDC provides regularly updated information about Zika transmission inside the United States at <http://www.cdc.gov/zika/geo/index.html>.

The primary concern for Zika virus infection continues to be for pregnant women and the risk for microcephaly and other fetal adverse outcomes. Women who are pregnant or may become pregnant must be advised regarding the importance of prevention of Zika infection by avoiding unnecessary travel to Zika areas, careful avoidance of mosquito bites, and specific precautions with sexual partners who have traveled to Zika areas, whether or not symptomatic with Zika. Educational materials in multiple languages are available from the CDC at <http://www.cdc.gov/zika/comm-resources/toolkits.html>

Zika may be transmitted via blood exposure and standard precautions apply. For healthcare settings, see CDC's "Key Zika Considerations for Healthcare Settings" at <http://www.cdc.gov/zika/pdfs/key-zika-considerations.pdf>

Zika Transmission and Prevention

Zika virus is transmitted primarily by bites from an infected mosquito (*Aedes aegypti*, *Aedes albopictus* or *Culex quinquefasciatus*) or through unprotected vaginal, anal, or oral sex or shared sex toys with a partner infected with Zika virus.

Travelers must be informed about prevention of mosquito bites both during travel to Zika areas and upon return home if they live in areas where there are mosquitoes that can carry Zika virus.

Zika virus may be transmitted by both men and women who have Zika virus infection, whether or not symptoms are present. Transmission may occur by vaginal, anal or oral sex or by shared sex toys. Zika virus may remain in semen for months after the Zika virus has been eliminated from the rest of the body. Current recommendations are for abstinence or consistent correct use of male and female condoms for males for at least 6 months after return from a Zika area or recovery from Zika infection symptoms, and for females, for 8 weeks after return from return from travel or recovery from Zika symptoms.

Information about Zika virus is evolving, and CDC guidance on Zika virus, transmission and prevention is regularly updated and available at <http://www.cdc.gov/zika/transmission/sexual-transmission.html>. Regularly updated patient education and travel health materials are available from the CDC at <http://www.cdc.gov/zika/comm-resources/toolkits.html>, many of which are available in multiple languages.

Reporting Potential and Confirmed Cases

All **potential** cases of Zika Virus **must** be reported to the health department of the patient's residence (LHD) **IMMEDIATELY by PHONE**. Confidential Morbidity Reports (CMR) must also be faxed to the LHD or submitted through the CalREDIE Provider Portal. **Submitting a CMR does NOT replace notification by phone.**

If you have a patient who could have been exposed to Zika, or may have Zika symptoms, **contact the appropriate public health agency:**

- **Sutter County Public Health Division (for Sutter County residents):** (530)-822-7215.
- **Yuba County Public Health Division (for Yuba County residents):** (530)-749-6366
- **Colusa County Public Health (for Colusa County residents):** (530)-458-0380

Laboratory Testing for Zika

Certified public health laboratories are currently conducting Zika virus testing for the following criteria:

- **Any patient with Zika symptoms (acute onset of fever, rash, arthralgia, conjunctivitis)** who travelled to areas with ongoing Zika transmission or, up to two weeks before symptom onset, had unprotected sex with a partner who had Zika symptoms.
- **Asymptomatic pregnant women** who travelled to an area with ongoing Zika transmission while pregnant, up to 8 weeks before getting pregnant (6 weeks before the last menstrual period) or had unprotected sex with a partner who had Zika symptoms.
- **Infants** who have microcephaly or intracranial calcifications or mothers with positive or inconclusive Zika tests

For patients with Zika virus symptoms, public health laboratories will test both **blood** and **urine** samples. These can be collected up to **21 days after symptom onset**, though within 7 days is most likely to detect virus. For asymptomatic pregnant women, public health laboratories will test serum between **two and twelve weeks after return** from a region with local Zika transmission. Because symptoms of Zika are similar to other flaviviruses, public health laboratories may also test for chikungunya and dengue.

Physicians must contact LHDs to review symptoms, travel history and obtain testing approval **before collecting specimens**. **Public health laboratories will not test specimens that are not submitted by the local health department.** Laboratory testing guidance is subject to change as this situation evolves.

Sutter County Public Health Division (SCPH) recommends having a certified public health laboratory conduct Zika virus testing. Commercial laboratories offer some Zika testing, but they may only perform real-time PCR testing and may not test for other flaviviruses. Any patient suspected of being infected with Zika virus in whom RT-PCR testing is negative must also undergo additional serologic testing in order to rule out an infection with Zika virus. Public health laboratories do that routinely; additional serum may need to be collected for serological testing if providers choose to use commercial laboratories. Providers are encouraged to request serology and RT-PCR simultaneously when specimens are obtained less than 21 days after onset of symptoms.

If commercial laboratories are used for Zika virus testing, LHDs must still be informed when the provider suspects Zika virus exposure, i.e. before samples are collected.

Additional resources for health care providers:

CDC. Zika Virus Resources for Healthcare Providers. <http://www.cdc.gov/zika/hc-providers/index.html>

CDC. Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, July 2016: http://www.cdc.gov/mmwr/volumes/65/wr/mm6529e2.htm?s_cid=mm6529e2_e

California Department of Public Health. Zika Information for Health Professionals webpage: <http://www.cdph.ca.gov/HealthInfo/discond/Pages/ZikaInformationforHealthProfessionals.aspx>

California Department of Public Health. Zika Virus FAQs for Healthcare Providers [pregnancy, lab testing, counseling]: <http://www.cdph.ca.gov/HealthInfo/discond/Documents/ZIKAVirusFAQsforHealthCareProviders.pdf>