

Zika Virus Key Points

02/29/16

Key Messages

- Zika virus is spreading in multiple countries and territories, and information can change quickly.
- The Utah Department of Health (UDOH) is distributing updated guidance to healthcare providers and information to the general public as it becomes available.
- Currently, there is one case of Zika virus infection (a child) in Utah who traveled to an area with Zika virus transmission.
- UDOH is monitoring and reporting cases of Zika to the Centers of Disease Control and Prevention (CDC).
- UDOH is working with the Utah Public Health Laboratory (UPHL) and healthcare providers regarding guidance on Zika virus testing.
- For the average American who is not travelling to an affected area, Zika virus infection isn't a high risk.

Situation

- Prior to 2015, Zika virus outbreaks occurred in areas of Africa, Southeast Asia, and the Pacific Islands.
- In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infections in Brazil.
- Currently, outbreaks are occurring in many countries. Visit <http://wwwnc.cdc.gov/travel/page/zika-travel-information> for more information.
- No local mosquito-borne Zika virus disease cases have been reported in the U.S., but there have been travel-associated cases. Visit <http://www.cdc.gov/zika/geo/united-states.html> for information.
- Zika virus will continue to spread and it will be difficult to determine how and where the virus will spread over time.
- The U.S. has a few things in its favor with regard to the virus:
 - Our urban areas aren't as densely populated,
 - Our living conditions are not in open air,
 - Good mosquito control.
- Public health officials believe it will be limited in the U.S. The CDC has issued travel guidance for pregnant women traveling to impacted countries, guidance to healthcare providers on caring for pregnant women and women of reproductive age with possible Zika virus exposure, and guidance to healthcare providers for prevention of sexual transmission of Zika virus. Zika has been added to the notifiable conditions list.
- As of February 17, 2016, nine pregnant travelers with Zika virus infection from the United States had been identified. No Zika virus-related hospitalizations or deaths were reported among pregnant women.

- As of February 24, 2016, there are 107 travel-associated cases in the U.S. Most of the cases are very mild illnesses. There is one reported sexual transmission in the U.S.
- UDOH is monitoring the Zika virus situation. Currently, there is one case of Zika virus infection (a child) in Utah.
- UDOH has distributed clinical guidance information to healthcare providers regarding testing pregnant women and providing information to the general public and continues to monitor the situation.
- To discuss Zika virus testing, contact the UDOH Medical Officer at 801-538-6191.

Transmission

- Zika virus is spread:
 - through the same *Aedes* species mosquito that carry dengue and chikungunya viruses,
 - through sexual transmission, but data is limited,
 - from a mother to her fetus during pregnancy,
 - from a mother already infected with Zika virus near the time of delivery to her newborn around the time of birth, but this is rare, and
 - through blood transfusion, but there have not been any confirmed blood transfusion transmission cases in the United States.
- Pregnant women can be infected in any trimester, and maternal-fetal transmission of Zika virus has been documented throughout pregnancy. Zika virus infections have been confirmed in infants with microcephaly.
- For the average American who is not travelling to an affected area, it isn't a high risk.

Recommendations

- Until more is known, CDC recommends that women trying to get pregnant and their male partners talk to their healthcare provider before traveling to areas with Zika. Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip.
- A pregnant woman (regardless of symptoms) with a history of travel to an area with ongoing Zika virus transmission may be offered testing up to 12 weeks after her return.
- Pregnant women 1) with a history of travel to an area with Zika virus transmission and who report two or more symptoms consistent with Zika virus disease (acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis) during or within two weeks of travel, or 2) who have ultrasound findings of fetal microcephaly or intracranial calcifications, should be tested for Zika virus infection in consultation with their state or local health department.
- Zika virus testing may also be requested for men returning from a Zika-endemic area if their spouse is pregnant.
- To discuss Zika virus testing, contact the UDOH Medical Officer at 801-538-6191.

Prevention

- Prevent Zika by avoiding mosquito bites:
 - Wear long-sleeved shirts and long pants.
 - Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
- If you have Zika, protect others from getting sick:
 - During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.
 - To help prevent others from getting sick, avoid mosquito bites during the first week of illness.
- Zika virus can be spread by a man to his sex partners.
 - It is not known how long the virus is present in the semen of men who have had Zika.
 - We do know that the virus can be present in semen longer than in blood.
 - To help prevent spreading Zika from sex, you can use condoms the right way every time you have sex. Not having sex is the best way to be sure that someone does not get sexually transmitted Zika virus.