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PUBLIC HEALTH DIVISION
Napa County Health & Human Services Agency

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HEALTH ADVISORY FEBRUARY 24, 2016

UPDATED INFORMATION ABOUT ZIKA VIRUS DISEASE

TO: Healthcare Providers and Hospital ICPs
FROM: Karen Relucio, MD, Public Health Officer
Communicable Diseases Program

CURRENT SITUATION:

Since the last Napa County Public Health Advisory dated February 2, 2016, there are updates:

- 1) CDC has issued new interim guidance.
 - **Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016**
(http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er.htm_w)
 - **Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016**
(http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e1er.htm?s_cid=mm6505e1er_w.htm)
 - **Update: Interim Guidelines for Health Care Providers Caring for Infants and Children with Possible Zika Virus Infection – United States, February 2016**
(http://www.cdc.gov/mmwr/volumes/65/wr/mm6507e1er.htm?s_cid=mm6507e1.htm_w)
- 2) Quest and LabCorp are not performing phlebotomy for patients being tested for Zika virus infection at this time. For practices or healthcare providers who refer patients to Quest or LabCorp, Napa County Public Health will be offering phlebotomy testing by appointment only, after testing is approved by the Communicable Diseases program.
- 3) As of February 23, CDC issued an official [Health Advisory](#) that the CDC and state public health departments are investigating 14 additional reports of possible sexual transmission of the virus, including several involving pregnant women. Healthcare providers are reminded to be aware of and adhere to current recommendations for preventing sexual transmission of Zika virus, particularly for men with pregnant partners.

Actions Requested of Healthcare Professionals:

1. **Obtain travel history** from all pregnant patients and from all patients presenting with a febrile illness.
2. **Consider testing** patients with appropriate symptomology and travel history. For information on affected regions: refer to <http://www.cdc.gov/zika/geo/index.html>. **The current updated guidance recommends testing asymptomatic pregnant women 2-12 weeks after return from region with active Zika virus transmission.**
3. **Obtain approval** for testing by filling out the one page “[Zika Testing Request for Providers](#)” form and faxing to Public Health at **(707) 299-4479**.
 - Please follow steps on the “[Zika Lab Instructions for Providers and Laboratories](#)” document. **The form must be filled out completely, or laboratory testing may not be performed.**
 - For patients who will be referred to Public Health for phlebotomy, Public Health staff will contact patients for an appointment once the Zika Testing Request form is received and approved. **Walk-in testing referrals will not be accepted.**
4. **Advise** patients who are pregnant or who are attempting to become pregnant about special travel precautions and mosquito bite prevention. Women of reproductive age and their sexual partners should also be counseled about the risk of Zika virus infection and prevention of unplanned pregnancy.
5. **Report** suspected cases of Zika virus with appropriate symptomology and travel history to Napa County Communicable Diseases Program by phone at **(707) 253-4231** or by faxing a confidential morbidity report (CMR) at **(707) 299-4479**.

The main points of the new CDC guidance include:

- Offer testing for Zika virus infection to ALL pregnant women, with or without symptoms of Zika virus disease, with travel to regions with active Zika virus transmission, listed on the CDC website: <http://www.cdc.gov/zika/geo/index.html>
- Recommendations for prenatal management of women residing in areas with active Zika virus transmission
- Recommendations for mosquito bite prevention, reproductive planning and preconception care
- Recommendations for prevention of sexual transmission of Zika virus through abstinence or consistent and correct use of condoms during sex, especially for men who travel to or reside in regions with active Zika virus transmission and have a pregnant partner.

CURRENT RECOMMENDATIONS:

REPORTING/ SURVEILLANCE

- Suspect Zika (also consider Dengue and Chikungunya) in travelers with acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis within 2 weeks after return from a place with local Zika transmission
- **Report** suspected cases of Zika virus with appropriate symptomology and travel history to Napa County Communicable Diseases Program by phone at **(707) 253-4231** or by faxing a confidential morbidity report (CMR) at **(707) 299-4479**.
- Inform and evaluate pregnant women who traveled to areas with Zika virus transmission while pregnant, whether they are symptomatic or asymptomatic. Testing may be offered between 2-12 after return from travel
(http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er.htm_w)
- Evaluate fetuses and infants of women infected with Zika virus during pregnancy for possible congenital infection and microcephaly
(<http://www.cdc.gov/mmwr/volumes/65/wr/mm6503e3.htm>)

TESTING

- There are no commercially available diagnostic tests; Zika testing is only available at the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH)
- Please obtain the lab testing forms and instructions from our website:
<http://countyofnapa.org/healthalerts>
- **Obtain Napa County Public Health approval for testing** by filling out the one page “[Zika Testing Request for Providers](#)” form and faxing to **(707) 299-4479** or by calling Communicable Disease control at **(707)253-4231**.
- **For patients who will be referred to Public Health for Zika testing**
 - Only healthcare providers who use Quest or LabCorp for phlebotomy may refer patients to Public Health.
 - Please follow steps carefully on the “[Zika Lab Instructions for Providers and Laboratories](#)” document. **Please fill out the form completely and legibly or laboratory testing may not be performed.**
 - Once the request is approved, Public Health staff will contact your patient for a testing appointment. **No direct referrals or walk-in appointments will be accepted without prior approval of the “Zika Testing Request for Providers” form.**
- **Specimen collection for laboratories performing phlebotomy:**

- Please follow specimen submittal instructions as per the “[Zika Lab Instructions for Providers and Laboratories](#)” form, available at <http://countyofnapa.org/healthalerts>.
Avoid collecting specimens on Fridays, as CDC and CDPH labs are closed.
- **Please make sure the form is filled out completely and fax to Public Health at (707) 299-4479.**
- Serum: Draw 2-5 cc in a two red top or tiger-top tubes and refrigerate at 4-8°C after collection. Tubes do not need to be centrifuged if picked up within 72 hours.
- CSF (only if available): 1-2 mL in sterile, leak-proof, screw cap plastic tube. (*Note: CSF specimens should not be collected for the sole purpose of Zika virus testing*).
- Other specimens from newborns for expecting mothers suspected of having Zika virus can be tested; please call **(707) 253-4231** for consultation.
- Call the Napa Regional Public Health Lab at **(707) 784-4410** to request specimen pickup. Their courier is in Napa every day at 11 am.
- **Laboratory assays performed by CDC or CDPH** (serum and CSF)
 - PCR : specimens collected ≤ 7 days post-symptom onset
 - Serology (IgM, IgG): specimens collected ≥ 4 days post-symptom onset

PREVENTION

- There are no vaccines to prevent Zika infection.
- Travelers to regions with known Zika virus transmission should monitor CDC travel alerts (<http://wwwnc.cdc.gov/travel/notices>). For pregnant women and their sexual partners, consider postponing travel.
- Preventing mosquito bites is the best way to avoid becoming infected. (<http://www.cdc.gov/features/stopmosquitoes/>)
- Sexual transmission of Zika virus can be prevented through abstinence or consistent and correct use of condoms during sex, especially for men who travel to or reside in regions with active Zika virus transmission and have a pregnant partner. (<http://emergency.cdc.gov/han/han00388.asp>)

BACKGROUND:

TRANSMISSION

- Zika virus is a flavivirus that is transmitted by *Aedes aegypti* and *Aedes albopictus* mosquitoes, which are found throughout much of the Americas and some parts of the United States. These mosquitoes have not been found in Napa County.
- Zika virus infections in California have only been reported in returning travelers. No local transmission has been documented in the continental United States, but transmission has been reported in Puerto Rico.

- Local spread of the virus is possible if an *Aedes aegypti* or *Aedes albopictus* mosquito bites an infected returning traveler, then bites another person.
- Sexual transmission has been documented in 14 cases within the United States

CLINICAL

- Approximately 80% of persons infected with Zika virus are asymptomatic.
- If symptoms occur, they usually begin 3-7 days after the person is infected, which include acute onset of fever, maculopapular rash, joint pain, and/or nonpurulent conjunctivitis. Symptoms are usually mild and last several days to a week.
- Differential diagnosis for Zika virus disease may include: Dengue, Chikungunya, Leptospirosis, Malaria, Rickettsia, Parvovirus, Group A streptococcus, Rubella, Measles, Adenovirus, and Enterovirus. **As symptoms of Zika, dengue and chikungunya overlap, all 3 diseases should be considered in a returning traveler from Latin America or the Caribbean.**
- Severe cases requiring hospitalization are rare; case fatalities are rare.
- Guillain-Barré syndrome, meningitis/encephalitis, and myelitis have been reported in patients with Zika virus infection.
- There are reports of a substantial increase in number of babies born with microcephaly in 2015 in Brazil, with documented maternal Zika virus infections in some cases. **NOTE:** A causal relationship between Zika virus infection and adverse fetal outcomes, including fetal loss, has not been confirmed. The full spectrum of clinical outcomes that may be associated with Zika virus infections during pregnancy is unknown.
- Excerpt from CDC material below (http://emergency.cdc.gov/coca/ppt/2016/01_26_16_zika.pdf)

Zika Virus Compared to Dengue and Chikungunya

Features	Zika	Dengue	Chikungunya
Fever	++	+++	+++
Rash	+++	+	++
Conjunctivitis	++	-	-
Arthralgia	++	+	+++
Myalgia	+	++	+
Headache	+	++	++
Hemorrhage	-	++	-
Shock	-	+	-

TREATMENT

- No specific treatment for Zika infection; the only treatment option available is supportive care with fluids, rest and analgesics
- Aspirin and nonsteroidal anti-inflammatory drugs should be avoided until dengue can be excluded, to reduce the risk for hemorrhage

RESOURCES

- Napa County Public Health: www.countyofnapa.org/healthalerts
 - CDC Zika Virus general information: www.cdc.gov/zika
 - CDC list of Zika-affected areas: www.cdc.gov/zika/geo/index.html
 - Travel notices related to Zika virus: wwwnc.cdc.gov/travel/notices
 - CDC Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2.htm>
 - CDC Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e1.htm>
 - CDC Interim Guidelines for the Evaluation and Testing of Infants with Possible Congenital Zika Virus Infection – United States, 2016: www.cdc.gov/mmwr/volumes/65/wr/mm6503e3.htm
 - CDPH Zika Virus Information: <http://www.cdph.ca.gov/programs/vrdl/Pages/ZikaInfo.aspx>
 - CDPH Zika Laboratory Testing Guidance: http://www.cdph.ca.gov/programs/vrdl/Documents/Zika_Testing_VRDL_Quicksheet_021016.pdf
- CDC Health Advisory: (<http://emergency.cdc.gov/han/han00388.asp>)