



Calaveras Health and Human Services Agency

Mary Sawicki, Director

509 East St. Charles Street
San Andreas, CA 95249

February 22, 2016

To: Calaveras County Medical Providers

From: Dean Kelaita, M.D., Health Officer

RE: Zika Virus

Zika is an infectious disease caused by the Zika virus, which is transmitted to people by *Aedes aegypti* and *Aedes albopictus* mosquitos. Infection with Zika virus is asymptomatic in 80% of cases and when Zika virus does cause illness; symptoms are generally mild and self-limited.

The most common symptoms are fever, rash, joint pain, and/or red eyes. Symptoms usually begin 3-7 days after a person is bitten by an infected mosquito and last several days to a week. 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.

The California Department of Public Health (CDPH) is monitoring the Zika virus outbreak in Latin America closely. As of February 12, 2016, there have been nine confirmed cases of Zika virus disease reported in California residents, all in travelers returning from other countries with Zika virus outbreaks. These cases occurred in 2013 (1), 2014 (3), and 2015 (2) 2016 (3).

A link to California counties with *Aedes aegypti* and *Aedes albopictus* mosquitos is below:

<https://www.cdph.ca.gov/HealthInfo/discond/Documents/AedesDistributionMap.pdf>

A link to countries with Zika activity is below:

<http://www.cdc.gov/zika/geo/index.html>

Pregnancy and Microcephaly

There is a possible association between Zika and birth defects in newborns. It is suspected that women who get infected with Zika virus may pass the virus to the developing fetus if they are pregnant. However, there are many causes of microcephaly in babies, and whether Zika virus infection causes microcephaly has not been confirmed. Studies are needed to understand this possible relationship.

The Center for Disease Control (CDC) now recommends that testing for Zika virus be offered to all pregnant women who have traveled to an area where Zika virus is circulating. Testing can be offered 2-12 weeks after pregnant women return from travel.

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A link to CDC recommendations for treating pregnant women is below:

<http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2.htm>

Interim Guidelines for Prevention of Sexual Transmission of Zika Virus

Sexual transmission of Zika virus is possible based on reports of two cases of sexual transmission and one case of Zika virus detection in semen. In all three cases, men who traveled to areas with Zika transmission experienced symptoms of Zika infection before or shortly after transmitting the virus to partners or testing positive for Zika virus in semen. It is not known whether infected men who never develop symptoms can transmit Zika virus to their sex partners.

Men with non-pregnant sex partners concerned about sexual transmission of Zika virus might consider using condoms consistently and correctly during sex or abstaining from sexual activity.

Men who reside in or have traveled to an area of active Zika virus transmission who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms during sex (i.e., vaginal intercourse, anal intercourse or oral sex) for the duration of the pregnancy.

A link to interim guidelines for prevention of sexual transmission is below:

http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er_e

Reporting and Monitoring

CDPH requests that health care providers voluntarily report any suspect or confirmed Zika virus infections to CalREDIE or their local health department.

Testing

All requests for Zika Virus testing must be approved by and coordinated with Calaveras County Public Health Services. Date of symptom onset AND a travel history including dates and location are required before any testing will be authorized.

For any individual who reports symptoms AND meets the travel history criteria, testing should be considered for Zika, Chikungunya and Dengue. Testing for Zika will be forwarded to the CDC by the CDPH Viral and Rickettsial Disease Laboratory (VRDL) until VRDL begins testing in late February. It may take up to 3 weeks for results.

Lab specimens

Collect (2) red top or serum separator tubes consisting of at least 5-10 ml of blood. One specimen will be sent to the VRDL lab and one to the CDC. Contact Calaveras Public Health Services for assistance.

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A link to California Department of Public Health's (CDPH) Zika Laboratory Testing Guidance is below:

https://www.cdph.ca.gov/programs/vrdl/Documents/Zika_Testing_VRDL_Quicksheet_021016.pdf

Prevention

People traveling to countries with known Zika virus risk should take steps to avoid being bitten by mosquitoes, including:

- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol for long lasting protection. If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label
- 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 by emptying standing water from containers such as flowerpots or buckets

A link to the CDPH Zika webpage is below:

<https://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>

A link to the CDPH Health Advisory dated 2/8/16 is below:

<https://www.cdph.ca.gov/HealthInfo/discond/Documents/ZikaHealthAdvisoryforCAHealthcareProviders.pdf>

If you need assistance, please contact Public Health Services at 209-754-6460

A handwritten signature in black ink that reads "Dean Kelaita".

Dean Kelaita, MD
Calaveras County Public Health Officer

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