

OVERVIEW: ZIKA VIRUS (ZIKV) INTERIM GUIDELINES FOR HEALTH CARE PROVIDERS

February 29, 2016

Dear Health Care Providers:

Zika Virus (ZIKV) is an infectious disease that can be transmitted to people via the bite of an infected female *Aedes aegypti* or *Aedes albopictus* mosquito, the same mosquitoes that can also transmit the dengue and chikungunya viruses. Recent evidence suggests a possible association between maternal Zika virus infection and adverse fetal outcomes, such as congenital microcephaly, as well as a possible association with Guillain-Barré syndrome.

Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016

On February 5, 2016, the Centers for Disease Control and Prevention (CDC) issued updated interim guidelines for the management of:

1. Pregnant women (symptomatic and asymptomatic) who travelled to areas with ongoing Zika virus transmission.
2. Pregnant women residing in areas with ongoing Zika virus transmission.
3. Women of reproductive age residing in areas with ongoing Zika virus transmission.

Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016

On February 5, 2016, the CDC also issued interim recommendations for men who reside in or have travelled to an area with active Zika virus transmission, and their (1) pregnant partners, or (2) non-pregnant partners. Per the new guidelines, the risk for sexual transmission of Zika virus can be eliminated through abstinence or reduced by correct and consistent use of condoms.

Sexual transmission of Zika virus is possible, although there is limited data about the risk. Current information about possible sexual transmission of Zika virus is based on reports of three cases (all men) who developed symptomatic illness. Whether infected men who never develop symptoms can transmit Zika virus to their sex partners is unknown. Sexual transmission of Zika virus from infected women to their sex partners has not been reported. At this time, the testing of men for the purpose of assessing risk for sexual transmission is not recommended.

Update: Interim Guidelines for Health Care Providers Caring for Infants and Children with Possible Zika Virus Infection – United States, February 2016

On February 23, 2016, the CDC issued updated guidelines for the evaluation and management of congenital Zika virus disease, as well as guidance for the pediatric age group (perinatal period and children \leq 18 years of age), and guidance on breastfeeding for mothers with Zika virus infection.

In response to these new guidelines, and to provide local health care providers with decision-making, reporting, and health education resources, the City of Long Beach Department of Health and Human Services (LBDHHS) has created the [Zika Virus \(ZIKV\) Interim Guidelines for Health Care Providers Toolkit](#).

Key messages from these guidelines include:

- Providers must report all suspected cases of Zika virus infection in patients who are Long Beach residents to the LBDHHS (see [page 6](#) for how to report a suspected Zika virus case). Follow local reporting protocols for reporting suspected cases of Zika virus infections for patients who reside in other jurisdictions outside of Long Beach.
- All requests for Zika virus serologic testing must be initiated through the LBDHHS Public Health Laboratory in consultation with the Epidemiology/Communicable Disease Control Program.
- Providers who suspect Zika virus infection must conduct a clinical and travel history prior to considering Zika virus serologic testing.

Providers should refer to the most up-to-date guidelines for the clinical assessment and management of patients who are suspected of having Zika virus. The guidelines and information contained in this document are based on recommendations provided by the California Department of Public Health (CDPH) and the CDC. Recommendations are updated as new findings become available so please visit these websites regularly for the latest information on Zika virus:

LBDHHS: <http://www.longbeach.gov/Health/Diseases-and-Condition/Resources-for-Providers/Guidelines-for-Zika-Virus/>
CDPH: <https://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>
CDC: <http://www.cdc.gov/zika/>

This document is intended for ob-gyn and prenatal care, pediatric, internal medicine, family practice, urgent care, infectious disease, and emergency medicine health care providers. This document aims to provide interim guidance on screening for indicated Zika virus testing, reporting suspected cases of Zika virus, and strengthening communitywide efforts to raise public awareness about Zika virus disease and its prevention.

The LBDHHS is working collaboratively with the CDPH and the CDC to monitor suspected cases of Zika virus, and to deliver timely and accurate information regarding Zika virus.

Thank you for your continued vigilance and assistance with the early detection and reporting of this significant public health issue.

Sincerely,

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