



Health, Housing & Community Services Department
Public Health Division
(510) 981-5300

Janet Berreman, MD, MPH
Health Officer

Health Alert February 11, 2016

Updated Zika guidelines

Please distribute to all providers in your practice

Current Situation

On February 5, 2016 CDC updated its interim guidelines for health care providers caring for pregnant women and for the prevention of sexual transmission.

Updated guidelines include:

- Serologic testing offered to asymptomatic pregnant women who have traveled to areas with ongoing Zika virus transmission. Testing can be offered 2–12 weeks after pregnant women return from travel. This update also expands guidance to women who reside in areas with ongoing Zika virus transmission, and includes recommendations for screening, testing, and management of pregnant women and recommendations for counseling women of reproductive age (15–44 years).
[Update: Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure — United States, 2016 | MMWR](#)
- Sexual transmission of Zika virus is possible, and is of particular concern during pregnancy. Men who have traveled to an area of active Zika virus transmission who have a pregnant partner are advised to use condoms consistently or abstain from sexual activity for the duration of the pregnancy. Men who have traveled to an area of active Zika virus transmission and have non-pregnant partners are advised to consider using condoms consistently. No testing of men is recommended unless they have symptoms of Zika virus infection.
[Interim Guidelines for Prevention of Sexual Transmission of Zika Virus — United States, 2016 | MMWR](#)

In California, there has been no local transmission of Zika, and the risk of Zika virus transmission remains low. Zika virus infections have been documented in only a few people, all of whom were infected while traveling outside the United States. There is no vaccine or medication to prevent Zika virus infection.

Actions Requested of Clinicians:

- **Report** suspected cases of Zika virus with appropriate symptomology and travel history to Berkeley Public Health by phone at 510-981-5300, off hours at 510-981-5911.
- **Obtain** approval from Berkeley Public Health for testing by faxing the Zika Virus Disease Testing Request form to **Berkeley Public Health at 510-981-5345**. The form can be found here: [Communicable Disease Reporting - City of Berkeley, CA](#)
- **Advise** patients to avoid bites. Refer travelers, particularly pregnant women, to CDC Travel Advisories for current information about travel.

Please distribute to all providers in your practice



Health, Housing & Community Services Department
Public Health Division
(510) 981-5300

Janet Berreman, MD, MPH
Health Officer

Health Alert February 11, 2016

Updated Zika guidelines

Please distribute to all providers in your practice

Laboratory Testing Guidance:

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

Prevention:

- There are no vaccines to prevent Zika infection.
- Travelers to regions with known Zika virus transmission should monitor CDC travel alerts and for pregnant women, consider postponing travel.
- Preventing mosquito bites is the only control measure to avoid becoming infected.

Resources for Health Care Providers:

California Department of Public Health (CDPH) [Zika](#)

MMWR [Zika Reports](#)

Center for Disease Control (CDC) [Zika Virus | CDC](#)

CDPH Health advisory February 5, 2016

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

Resources for Travelers:

[Centers for Disease Control and Prevention \(CDC\) list of Zika-affected areas](#)

[Travelers' Health: Practice enhanced precautions](#)

[Surveillance and Control of Aedes aegypti and Aedes albopictus in the United States](#)

[CDPH Health Advisory, Zika Virus in Latin America](#)

[CDC Travel Alerts](#)

Please distribute to all providers in your practice