



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

Janet Berreman, MD, MPH  
Health Officer

## Health Alert

August 3, 2016

### Updated Zika Guidelines

**Please distribute to all providers in your practice**

#### Current Situation:

As of 7/29/2016, there have been 114 travel-associated cases of Zika reported in California. The Florida Department of Health has identified an area with [local mosquito-borne Zika virus transmission in Miami](#). However, there has been no local mosquito-borne transmission of Zika in California and the risk of Zika virus transmission here remains low. The current list of Zika-affected areas can be found here: <http://www.cdc.gov/zika/geo/index.html>. There is no vaccine or medication to prevent Zika virus infection.

**KEY UPDATES:** The CDC updated its [interim guidance](#) for health care providers caring for pregnant women with possible Zika virus exposure. The CDC now recommends expanded PCR testing:

- For all symptomatic pregnant women:
  - Serum samples collected <2 weeks after symptom onset should undergo Zika virus PCR testing, along with an accompanying urine specimen.
  - Serum samples that are collected 2–12 weeks after symptom onset, AND that test positive or equivocal for Zika virus IgM, should undergo PCR testing along with an accompanying urine specimen.
- For asymptomatic pregnant women, the testing algorithm is based on level of exposure:
  - Asymptomatic pregnant women who live in areas without active Zika virus transmission:
    - Patients evaluated <2 weeks after last possible exposure, should have PCR testing performed on serum and urine. If the PCR result is negative, Zika virus IgM antibody testing should be performed on a serum collected 2–12 weeks after the exposure.
    - Patients evaluated 2–12 weeks after their last possible exposure should first be tested for Zika virus IgM; if the IgM antibody test result is positive or equivocal, then serum and urine PCR should be performed.
  - Asymptomatic pregnant women with ongoing risk for exposure to Zika virus should receive Zika virus IgM antibody testing as part of routine obstetric care during the 1st and 2nd trimesters; PCR testing should be performed if any IgM antibody test result is positive or equivocal.

#### 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, after hours at 510-981-5911.
- **Test** patients with appropriate symptomology and travel history by arranging testing through Berkeley Public Health.
  - 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**.
- **Advise** patients to avoid mosquito bites. Refer travelers, particularly pregnant women, to CDC Travel Advisories for current information about travel.

#### Laboratory Testing Guidance:

[http://www.cdph.ca.gov/programs/vrdl/Documents/Zika\\_Testing\\_VRDL\\_Quicksheet.pdf](http://www.cdph.ca.gov/programs/vrdl/Documents/Zika_Testing_VRDL_Quicksheet.pdf) (Last Updated 7/27/16)

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#### Prevention:

- There are no vaccines to prevent Zika infection.
- Travelers to regions with known Zika virus transmission should review CDC travel alerts and consider postponing travel.
- Preventing mosquito bites is the only control measure to avoid becoming infected.
- If you have recently traveled to or lived in an area with active Zika transmission and are sexually active, follow the 8-6-3 rule:
  - 8 — Use a condom for at least 8 weeks every time you have sex after returning from travel. This includes vaginal, anal, and oral sex.
  - 6 — Use a condom for at least 6 months if you were diagnosed with Zika or had symptoms of Zika
  - 3 — Use an EPA-registered insect repellent for 3 weeks after you return to prevent spreading Zika

#### Resources for Health Care Providers:

- [California Department of Public Health \(CDPH\): Zika](#)
  - [FAQs for Health Care Providers](#) (Update 8/1/16)
  - [Identification of Local Transmission – Zika Testing Criteria for Persons without Travel-Related Exposure](#)
  - [Evaluation and Follow-Up Procedures for Suspected Congenital Zika Virus Infection](#)
  - [Guidance for Reporting and Follow-up of Zika Virus Infected Blood Donors and Potential Local Transmission of Zika Virus in California](#)
- [Centers for Disease Control \(CDC\): Zika](#)
- [CDC MMWR: Zika Reports](#)
- [US Zika Pregnancy Registry - Health Departments: How to Participate](#)

#### Resources for Travelers:

- [Centers for Disease Control and Prevention list of Zika-affected areas](#)
- [CDC Travel Alerts](#)
- [Traveler's Health: Zika Travel Information](#)
- [Surveillance and Control of Aedes aegypti and Aedes albopictus in the United States](#)

#### CDPH Zika Toolkits:

You may order different sizes of poster materials from the toolkits free of cost from CDPH by contacting Lauren Salmo at [Lauren.Salmo@cdph.ca.gov](mailto:Lauren.Salmo@cdph.ca.gov) or you may also download the materials from CDPH's Zika website and print as needed using the links below.

- [Zika Travel Outreach Toolkit](#)
- [Zika and Sexual Transmission Toolkit](#)
- [Zika and Pregnancy Outreach Toolkit](#)

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