

February 05, 2016

Health Update

Zika Virus Guidance

Distribute to: Pediatricians, Obstetrics/Gynecologists and Family Practitioners

The purpose of this health update is to give health care providers additional information about Zika virus, sexual transmission of the virus, updated recommendations for pregnant women, and interim guidance for infants. Although this HAN provides a high level summary of the guidance, providers are encouraged to read the guidance documents in their entirety.

We are asking for your assistance in getting this information to the following medical specialties in your organization: **Pediatrics, Obstetrics/Gynecology, and Family Practice**. Please distribute to other specialties as you may deem appropriate. Highlights from the updated and new information from the CDC include:

- Providers should offer serologic testing to asymptomatic pregnant women (women who do not report clinical illness consistent with Zika virus disease) who have traveled to areas with ongoing Zika virus transmission. Testing can be offered 2 to 12 weeks after pregnant women return from travel
- 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 fellatio) for the duration of the pregnancy

Providers should consider testing for Zika virus if they see patients who had an onset of symptoms during travel or within 14 days of returning from an area with Zika virus transmission and who report **two or more** of the following symptoms: fever, rash, arthralgia, conjunctivitis, myalgia, and headache.

Zika virus is currently being transmitted in areas of Mexico, Central and South America, and the Caribbean. Providers are encouraged to ask patients about travel and consider Zika virus infection in the differential diagnosis of patients with appropriate travel and symptoms. Providers may also consider testing for viral diseases similar to Zika, such as dengue or chikungunya. For those who have patients who are pregnant women or women who plan to become pregnant, we encourage you to inquire about planned travel and to caution them about Zika exposure and how to avoid the mosquitoes that carry the virus. A list of areas where Zika virus is being transmitted can be found at www.cdc.gov/zika/geo/index.html. Further information on Zika virus can be found at www.ndhealth.gov/disease/zika/.

Providers considering Zika virus testing for patients should contact the Division of Disease Control at 1.800.472.2180 or 701.328.2378 for testing consultation.

For questions on how to submit specimens for Zika virus testing, contact the Division of Laboratory Services at 701.328.6272.

All Zika testing specimens must be sent to the NDDoH Division of Laboratory Services.

Do not send specimens directly to the CDC.