



**Date:** December 20, 2016  
**To:** CAHAN San Diego Participants  
**From:** Public Health Services, Epidemiology Program

## Zika Virus Advisory #8 – Updated Case Counts and Provider Actions

This health advisory provides CAHAN participants with updated travel information for Texas and Florida, recent Zika illness case counts, updated actions requested of healthcare providers that include enhanced local surveillance, and annotated resource links.

### Zika in Texas

On November 28, 2016, the Texas Department of State Health Services reported the state’s [first case](#) of local mosquito-borne Zika virus infection in Brownsville. Four additional cases of mosquito-borne Zika have been identified in the area, suggesting that there is a risk of continued spread of Zika virus in Brownsville. As a result, the Centers for Disease Control and Prevention (CDC) [issued guidance](#) on December 14 related to Zika for people living in or traveling to Brownsville, Cameron County, Texas. Areas of Brownsville were designated as having cautionary “yellow” area of Zika risk, and pregnant women should consider postponing travel there.

Pregnant women who live in, traveled to, or had sex without a condom with someone who lives in or traveled to Brownsville on or after October 29, 2016, should be tested for Zika virus. Individuals who have symptoms of Zika illness within two weeks of travel to or after sexual contact with a traveler to Brownsville should also be tested. Updates on the current case count and travel advice can be found at the [Zika in Texas](#) website.

### Zika in Florida

On December 9, 2016, the [CDC announced](#) that South Miami Beach had passed the 45-day period since the last locally transmitted case of Zika and was no longer a “red” area of Zika risk where pregnant women should not travel. All of Miami-Dade County is currently a cautionary “yellow” area of Zika risk, where pregnant women should consider postponing travel.

As of December 19, 2016, 252 non-travel related infections of Zika had been confirmed in Florida. A Zika Virus Information Hotline is available for residents, visitors, and anyone planning travel to the state at 1-855-622-6735. Clinicians concerned about Zika for their patients who travelled to Florida should check the [latest CDC guidance](#) and the [Florida Department of Health website](#) which provides updates each week day regarding affected areas in Florida.

Country/Territory	Number
Mexico	28
Nicaragua	8
Costa Rica	4
Guatemala	3
Puerto Rico	3
Trinidad and Tobago	3
Venezuela	3
Brazil	2
Colombia	2
Dominican Republic	2
Jamaica	2
Latin America (several countries)	2
American Samoa	1
Belize	1
Caribbean (several islands)	1
Grenada	1
Haiti	1
Kiribati	1
Saint Lucia	1
Singapore	1
Turks and Caicos	1
U.S. Virgin Islands	1
No travel (sexual transmission)	2
<b>Total</b>	<b>74</b>

## **Zika-Affected Areas and Case Counts**

The World Health Organization [currently lists](#) 75 countries and territories with vector-borne Zika virus transmission since 2015. An up-to-date list of countries and territories with active Zika transmission may be found on the [CDC Zika Travel website](#).

As of December 19, 2016, 7,335 locally-acquired cases have been confirmed in 24 Mexican states. Local transmission has occurred in Sonora and Baja California Sur. No local Zika transmission has been reported in Baja California; however, dengue has been reported with confirmed cases in Mexicali and Tijuana. The Mexican Health Ministry provides weekly updates on [Zika virus](#), [chikungunya](#), and [dengue](#).

As of December 14, 2016, CDC reported that 4,617 Zika cases had been identified in U.S. states, including 185 locally-acquired cases, 38 cases associated with sexual transmission, and 13 cases diagnosed with Guillain-Barré syndrome (GBS). U.S. territories (American Samoa, Puerto Rico, and U.S. Virgin Islands) have reported 34,268 cases, including 34,139 locally-acquired cases. Of those, 51 people were diagnosed with GBS. [U.S. case counts](#) are updated weekly.

As of November 30, 2016, the [national registry](#) of confirmed Zika infections in pregnant women includes 1,172 women in U.S. states and 2,639 women in U.S. territories. [Pregnancy outcomes](#) recorded in the registry include 32 liveborn infants with birth defects and 5 pregnancy losses with defects in the U.S. states.

From January 1, 2015 to December 16, 2016, the California Department of Public Health (CDPH) reported 440 travel-associated cases of Zika. Case counts are updated weekly on the [CDPH Zika webpage](#).

Since January 1, 2015, there have been 74 confirmed or probable travel-associated Zika cases in San Diego County, including two cases of sexual transmission from travelers. Thirteen cases of dengue and three cases of chikungunya have also been diagnosed among the 851 cases referred for Zika testing in San Diego. The table on the previous page details the countries/territories of exposure for San Diego travelers. Cases are greatest from travel to Mexico (38%), Central America (22%), Caribbean (22%), and South America (12%).

## **Actions Requested of Healthcare Providers**

- **Suspect Zika** (also consider dengue and chikungunya) in travelers with **acute onset of maculopapular rash, fever, arthralgia, or conjunctivitis** within two weeks after return from [areas with local Zika virus transmission](#).
  - This currently includes travelers to Miami-Dade County, Florida and Cameron County, Texas with at least two of the above symptoms within two weeks after return. Travelers to other counties in Florida or in [south Texas](#) with maculopapular rash and at least one other of the above symptoms within two weeks after return may also be evaluated for Zika.
  - This also includes travelers to one of the 24 states in Mexico with known local Zika transmission who have at least two of the above symptoms within two weeks after return.
  - Because Zika may also be sexually transmitted, suspect Zika in patients with compatible symptoms who have had recent sexual contact with a person who traveled to or lives in an area with active Zika virus transmission when sexual contact did not include a barrier to protect against infection.
  - Patients with microcephaly or Guillain-Barré syndrome of unknown etiology, **regardless of travel history**, should be evaluated for Zika virus infection.
- **Assist with enhanced surveillance and diagnostic efforts** and test for Zika in patients with acute onset of maculopapular rash, fever, arthralgia, or conjunctivitis who meet the following criteria:
  - Travelers to Baja California or other states in Mexico with no reports of local transmission who have maculopapular rash and at least one other of above symptoms within two weeks of travel.
  - San Diego County residents **regardless of travel** or sexual exposure to a recent traveler who have maculopapular rash and at least one other of the above symptoms without alternative explanation

such as a drug reaction or other infection (e.g. enterovirus, parvovirus, adenovirus, group A streptococcus, West Nile virus, leptospirosis, rickettsia, measles, or rubella.)

- Pregnant women residing in San Diego County **regardless of travel** or sexual exposure to a recent traveler who have maculopapular rash and at least one other of the above symptoms, OR who have fever, arthralgia and conjunctivitis, without alternative explanation such as a drug reaction or other infection.
- **Report all suspect Zika cases** to the Epidemiology Program immediately by phone at 619-692-8499 during business hours Monday-Friday, or 858-565-5255 after-hours on evenings, weekend and County-observed holidays, and by faxing a [Confidential Morbidity Report Form](#) to 858-715-6458.
- **Test** patients with suspect Zika based on the criteria above. In addition, test asymptomatic pregnant patients within 12 weeks of travel to an [area with local Zika virus transmission](#).
  - Some commercial laboratories are now offering PCR Zika testing on serum and urine, as well as IgM testing on serum. In cases of acute illness, PCR and antibody tests are needed to rule out Zika. Symptomatic patients should also be tested for dengue and chikungunya. **If testing is done at commercial laboratories, the suspect case must still be reported immediately by phone to the Epidemiology Program. This will facilitate important local vector control actions while results are pending.**
  - Testing for Zika virus remains available without cost by contacting the Epidemiology Program. If testing is approved, Epidemiology Program staff will request information about the patient and provide instructions on submitting specimens to the County of San Diego Public Health Laboratory. Zika virus diagnostic testing specimen testing directions are available [here](#).
  - Additional information about Zika virus testing can be found in a recent announcement from CDC entitled [Guidance for U.S. Laboratory Testing for Zika Virus Infection: Implications for Clinicians](#) and on the [CDPH website](#).
- **Advise** patients to avoid mosquito bites. Refer travelers, particularly pregnant women, to [CDC Travel Advisories](#) for current information.
- **Evaluate** pregnant women who traveled to areas with local Zika virus transmission while pregnant using the CDC [Update: Interim Guidance for Health Care Providers Caring for Pregnant Women with Possible Zika Virus Exposure — United States, July 2016](#).
- **Inform** patients who travel to Zika-affected countries that Zika can be sexually transmitted and advise them to prevent transmission, especially to women who are or may become pregnant, using guidance available in the CDC [Update: Interim Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika Virus Exposure — United States, September 2016](#).
- **Evaluate** fetuses and infants of women infected with Zika virus during pregnancy for possible congenital infection and microcephaly using the CDC [Update: Interim Guidelines for the Evaluation and Management of Infants with Possible Zika Virus Infection — United States, August 2016](#). Detailed guidance for patient management, case reporting, and specimen collection is available in the CDPH document [Evaluation and Follow-Up Procedures for Suspected Congenital Zika Virus Infection—Fetus, Newborn and Infant](#).

## **Useful Zika Virus Resources**

### **Centers for Disease Control and Prevention**

[Clinical Guidance for Healthcare Providers Caring for Infants & Children](#)

[Clinical Guidance for Healthcare Providers Caring for Pregnant Women](#)

[Fact Sheets and Posters](#) in English, Spanish, Portuguese, Chinese, Creole, Tagalog, Mandarin, Vietnamese and Korean.

[Guidance for U.S. Laboratories Testing for Zika Virus Infection](#) - full algorithms for Zika testing and useful information about available tests in commercial and public health laboratories.

[Information for Travelers](#) - Zika travel information for the general public with all Zika travel notices.

[Information for Pregnant Women](#) - information for pregnant women and women trying to become pregnant.

[Zika Virus Information for Healthcare Providers](#) - extensive clinical and testing guidance for all clinicians. Contains links to continuing medical education resources and a web tool for Zika testing in pregnancy.

To sign up for email updates on Zika virus and other health issues from CDC, go to the [Keep Informed](#) webpage.

### **California Department of Public Health**

[Aedes aegypti and Aedes albopictus Mosquitoes in California](#) - contains maps of Aedes affected areas of California, mosquito fact sheets, information for clinicians on Aedes transmitted diseases, and other resource links.

[Weekly Update on Number of Laboratory-Confirmed Zika Cases in California](#)

[Zika Information for Health Professionals](#) - general information for healthcare providers and blood banks.

[Zika and Pregnancy Outreach Toolkit](#) - contains posters, talking points for those who provide information to women who are pregnant or planning pregnancy, Facebook posts and tweets, and accompanying graphics that can be shared on social media sites.

[Zika and Sexual Transmission Toolkit](#)—contains posters, talking points for sexual health educators, Facebook posts and tweets, and accompanying graphics that can be shared on social media sites.

[Zika Travel Outreach Toolkit](#) - contains posters, travel talking points for healthcare providers, Facebook posts and tweets, and accompanying graphics that can be shared on social media sites.

### **County of San Diego**

[Department of Environmental Health Vector Control Program](#) - contains information about the countywide program that monitors vectors and the diseases that they carry. Local information is provided on [West Nile virus](#), [hantavirus](#), [tularemia](#), [plague](#), and [Lyme disease](#).

[Public Health Services Zika Virus Webpage](#)

### **Other**

[Center for Infectious Disease Research and Policy Zika Resource Webpage \(University of Minnesota\)](#)

[Zika Virus Resource Centre - Lancet](#)

[New England Journal of Medicine Journal Watch for Zika](#)

Thank you for your participation.

### **CAHAN San Diego**

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