



**Date:** January 22, 2018  
**To:** CAHAN San Diego Participants  
**From:** Public Health Services, Epidemiology Program

### **Zika Virus Advisory #11 – Current Case Counts and Updated California Testing Guidelines**

This health advisory updates CAHAN participants on current Zika virus epidemiology and recommendations on Zika screening in pregnant women and their newborns

#### **Key Points:**

- The California Department of Public Health (CDPH) has released updated Zika virus testing guidelines for pregnant women and their newborns. CDPH now recommends shared patient-provider decision making instead of routine testing of asymptomatic pregnant women with recent (but not ongoing) exposure.
- Although Zika virus disease cases are decreasing regionally, transmission continues to occur in Mexico, Latin America, and other [areas](#).
- Providers should continue to review mosquito bite prevention measures and safe sexual practices with persons traveling to Zika-affected areas as well as recommend that pregnant women and those planning to become pregnant delay non-essential travel to areas with active Zika transmission.

#### **Situation**

CDPH released Updated Guidance for Health Care Providers: Assessment and Testing for Zika Virus Infection in Pregnant Women and their Newborns on January 10, 2018. These revisions were based on a review of regional data and now align with current Centers for Disease Control and Prevention (CDC) [interim guidance](#). The County of San Diego Health and Human Services Agency concurs with the CDPH revisions and highlights key recommendations in the actions requested of providers section below. The full CDPH document and updated decision flow diagram (included below and available [online](#)) features the rationale for these changes as well as more detailed clinical recommendations.

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

The World Health Organization [currently lists](#) 84 countries and territories with vector-borne Zika virus transmission since 2015. The [CDC Zika Travel website](#) maintains an up-to-date list of countries and territories with active Zika virus transmission.

Historically, case counts have been reported as cumulative totals from the beginning of the outbreak in 2015 to the present. However, CDC and a number of other public health entities have shifted to annual reporting of case counts to more accurately reflect the declining incidence of Zika infection in the Americas. The table on the following page presents current 2015-17 cumulative and 2017 case counts for Zika virus disease in U.S. states and territories, California, and San Diego County. No cases with ill onset in 2018 have been reported in these areas. [U.S. case counts](#) are updated biweekly, and California and San Diego County cases counts are updated monthly.

As of December 19, 2017, the [national registry](#) of confirmed Zika infections in pregnant women includes 2,364 women in U.S. states and 4,690 women in U.S. territories. [Pregnancy outcomes](#) in the U.S. states recorded in the registry include: 2,143 completed pregnancies with or without birth defects; 102 live-born infants with birth defects; and 9 pregnancy losses with defects.

Although Florida and Texas have each reported two cases of locally transmitted mosquito-borne Zika virus in 2017, CDC currently has no Zika-related travel recommendations for locations in either state. Travelers and providers can keep up to date about Zika virus in these areas at the [Zika Free Florida](#) and [Zika in Texas](#) websites.

### **Zika in Mexico**

From January 1, 2015 through January 8, 2018, 11,834 Zika virus cases were reported in Mexico, with 28 states reporting local transmission. The case total includes 6,937 pregnant women. In 2017, 3,261 cases were reported. In early 2017, local transmission was reported in the Ensenada Municipality in Baja California. Although local transmission has not been reported in other municipalities in Baja California, dengue was reported in Mexicali and in Tijuana in 2017.

Once a municipality has been determined to have locally transmitted Zika, ongoing surveillance in Mexico prioritizes testing symptomatic pregnant women. People who are symptomatic but not pregnant and asymptomatic pregnant women may not be routinely tested for Zika in Mexico. Therefore, total case counts in specific Mexican locations should **not** be interpreted as measures of the intensity of Zika virus activity. The Mexican Health Ministry provides weekly updates on [Zika virus](#), [chikungunya](#), and [dengue](#).

### **Actions Requested of 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](#). **and report all suspect cases to the Epidemiology Program.**
  - 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.

<b>Table. Case Counts of Zika Disease Cases United States, California, San Diego County Cumulative 2015-17 and 2017<sup>1</sup></b>		
<b>Location/Transmission Type</b>	<b>Cumulative 2015-2017</b>	<b>2017</b>
<b>United States</b> ( <a href="#">reported by CDC as of January 10, 2018</a> )		
Travelers returning from affected areas	5,355	398
Local mosquito-borne transmission	228	4
Sexual transmission	50	5
Laboratory transmission	1	0
Person-to-person, mechanism unknown	1	0
Total <sup>2</sup>	5,565	407
<b>United States Territories</b> ( <a href="#">reported by CDC as of January 10, 2018</a> )		
Travelers returning from affected areas	147	1
Local mosquito-borne transmission	36,971	630
Transmission through other routes	0	0
Total <sup>2</sup>	37,123	631
<b>California</b> ( <a href="#">reported by CDPH as of January 5, 2018</a> )		
Travel-related <sup>3</sup>	634	126
Local mosquito-borne transmission	0	0
Total	634	126
<b>San Diego County</b> ( <a href="#">cases as of January 3, 2018</a> )		
Travelers returning from affected areas <sup>4</sup>	100	17
Local mosquito-borne transmission	0	0
Sexual transmission	2	0
Congenital Transmission	3	3
Total	105	20
Notes: 1. No Zika virus transmissions have yet been reported in 2018. 2. CDC counts for US states and territories do not include congenital transmission. 3. CDPH reports sexual & congenital transmission from travelers as travel related. 4. Details on location of exposure for San Diego travelers may be found <a href="#">here</a> .		

- **Report all suspect Zika cases** to the Epidemiology Program by phone at 619-692-8499 during business hours (Monday-Friday, 8:00 AM to 5:00 PM), or by faxing a [Confidential Morbidity Report Form](#) to 858-715-6458.
- **Assist with enhanced surveillance and diagnostic efforts by testing** for Zika in patients with acute onset of maculopapular rash, fever, arthralgia, or conjunctivitis who meet the following criteria:
  - San Diego County residents **regardless of travel** or sexual exposure to a recent traveler who have maculopapular rash and at least one of the other symptoms above 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 of the other symptoms above, OR who have fever, arthralgia and conjunctivitis, without alternative explanation, such as a drug reaction or other infection.
- **Test patients with suspected Zika virus disease** based on the criteria above.
  - Commercial laboratories offer 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 labs, suspect symptomatic cases should be reported during business hours (Monday– Friday, 8:00 AM to 5:00 PM) by phone or fax to the Epidemiology Program.** This will facilitate important local vector control actions while results are pending.
  - Testing for Zika virus remains available through County of San Diego Public Health Laboratory. Updated Zika virus diagnostic specimen testing directions are available [here](#).
  - Additional information about Zika virus testing can be found in a CDC document entitled [Guidance for U.S. Laboratory Testing for Zika Virus Infection \(July 24, 2017\)](#) and on the [CDPH website](#).
  - Asymptomatic individuals who are being tested as part of routine obstetrical care or as part of preconception counseling should generally be tested in commercial laboratories. Providers do not need to contact the Epidemiology Program about asymptomatic patients.
- **Evaluate** fetuses and infants of women infected with Zika virus during pregnancy for possible congenital infection. Changes in the updated interim guidance for pregnant women may lead to fewer pregnant women without Zika symptoms being tested, so pediatricians should ask about potential congenital Zika exposure for every newborn. More information is available at [Interim Guidance for the Diagnosis, Evaluation, and Management of Infants with Possible Congenital Zika Virus Infection - United States, October 2017](#).
- **Educate** patients on how to prevent Zika transmission.
  - **Advise** patients to avoid mosquito bites. Refer travelers, particularly pregnant women, to [CDC Travel Advisories](#) for current information. Pregnant women should avoid non-essential travel to **any** locations with ongoing local transmission of Zika.
  - **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.

Detailed information about Zika virus may be found at these webpages: [CDC](#), [CDPH](#), and [County Epidemiology Program](#).

Thank you for your participation.

#### CAHAN San Diego

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