



Date: March 25, 2016
To: CAHAN San Diego Participants
From: Public Health Services, Epidemiology Program

Zika Virus Advisory #4 – Interim Guidelines Updated, First Sexual Transmission Confirmed in San Diego County

This health advisory notifies CAHAN participants that the Centers for Disease Control and Prevention (CDC) has updated interim guidance for the prevention of sexual transmission of Zika Virus and has confirmed the first Zika virus transmission between two San Diego residents. This advisory also updates international, national and local Zika case information, and provides links to Zika virus resources.

Updated Guidelines

Today CDC released the attached updates to interim guidance for the prevention of Zika virus transmission and interim guidance for healthcare professionals caring for women of reproductive age with possible Zika virus exposure.

The updated [interim guidance on sexual transmission](#) now includes time intervals after travel to Zika-affected areas or after Zika infection for taking precautions to reduce the transmission risk. The guidance defines potential sexual exposure as any person who has had sex (i.e., vaginal intercourse, anal intercourse, or fellatio) without a condom with a man who has traveled to or resides in an area with active Zika transmission.

The updated [interim guidance on caring for women of reproductive age](#) with possible Zika virus exposure now includes recommendations on counseling men and women with possible Zika virus exposure who are interested in conceiving. Women who have Zika virus disease should wait at least 8 weeks after symptoms onset to attempt conception, and men with Zika virus disease should wait at least 6 months after symptom onset to attempt conception. Testing recommendations for pregnant women with possible Zika virus exposure was also updated.

CDC will continue to update guidance on Zika virus prevention and management when additional information becomes available.

First Sexually Transmitted Zika Case in San Diego

A San Diego man was visiting Colombia where he sustained some mosquito bites in January. Four days before his return to the county in early February, he had the onset of subjective fever, arthralgia, and maculopapular rash. Upon arrival in San Diego, he was still symptomatic with rash and arthralgia and he had unprotected sexual contact with a non-pregnant woman who had no travel outside the county. He had no hematospermia, and his illness lasted a total of 10 days.

The man had serum drawn on day seven of his illness, which had an elevated dengue IgM from a commercial laboratory. Cross-reaction with related flaviviruses (e.g., dengue, yellow fever and Zika viruses) is common. Subsequent testing by CDC showed an elevated Zika IgM with confirmatory plaque-reduction neutralization testing (PRNT), which measures virus-specific neutralizing antibodies and discriminates between cross-reacting antibodies in primary flavivirus infections.

Seven days after initial sexual contact with the man, the woman developed fever to 101°F and a blanching, salmon to red colored, maculopapular rash on her trunk. The rash spread to her neck and extremities over the next two days and she

developed arthralgia in her hands and feet. She had serum drawn on day seven of her illness which was positive for Zika IgM and confirmed with PRNT at CDC. Her symptoms resolved after 10 days.

Neither patient reported mosquito bites in San Diego and no *Aedes* species mosquitoes were detected in traps set by the San Diego County Vector Control Program around the residences of either patient.

Zika-affected Countries and Case Count

To date, 34 countries and territories in the Americas have ongoing local transmission of Zika virus. Over 190,000 confirmed and suspected Zika cases [have been reported](#) since the epidemic began in the Western Hemisphere in 2015. American Samoa, Cape Verde, Marshall Islands, New Caledonia, Samoa and Tonga have also reported recent local transmission of Zika virus. An up-to-date list of Zika-affected countries may be found at the [CDC Zika Travel website](#).

As of March 18, 2016, 160 locally-transmitted cases have been confirmed in nine Mexican states. No local Zika transmission has been reported in Mexico City or in Baja California. Weekly updates on locally transmitted Zika in Mexico may be found at the [Mexican Ministry of Health Zika Information website](#) under the tab labeled “Información Relevante.”

As of March 23, 2016, 273 Zika cases have been confirmed in the continental United States. All cases were travel associated, including six cases that were sexually transmitted from men who recently returned from Zika-affected areas. U.S. territories (American Samoa, Puerto Rico, and the U.S. Virgin Islands) have reported 341 locally transmitted cases. U.S. case counts are updated weekly at [CDC Zika Disease in the United States website](#).

The California Department of Public Health (CDPH) has reported 22 cases of Zika virus since January 1, 2015. A weekly case count update is published at the [CDPH Zika webpage](#). Including the cases described in this advisory, eight travel-associated Zika cases have been confirmed in San Diego: one in 2014 (Cook Islands), one in 2015 (Kiribati), and six in 2016 (Brazil [1], Colombia [2], Dominican Republic [1], Puerto Rico [1], sexual transmission from traveler [1]).

Actions Requested of Healthcare Providers:

- **Suspect** Zika (also consider dengue and chikungunya) in travelers with acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis within 2 weeks after return from a place with local Zika virus transmission. Patients with Guillain-Barré syndrome after travel to Zika-affected areas should also be evaluated for the virus.
- **Report** suspected cases of Zika virus with appropriate symptomology and travel history to the Epidemiology Program 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 appropriate symptomology and travel history by arranging it via the San Diego County Public Health Laboratory. Information about which diagnostic tests for Zika are ideal at different stages of illness may be found [here](#). Updated specimen guidance and the lab requisition forms can be found [here](#).
- **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 Zika virus transmission while pregnant using the CDC updated [Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure](#).
- **Inform** men who travel to Zika-affected countries that Zika can be sexually transmitted and to prevent transmission to women who are or may become pregnant using guidance available in the CDC [Interim Guidelines for Prevention of Sexual Transmission of Zika Virus](#).
- **Evaluate** fetuses and infants of women infected with Zika virus during pregnancy for possible congenital infection and microcephaly using the updated CDC [Interim Guidelines for Evaluation & Testing of Infants with Possible Congenital Zika Virus Infection](#).

Useful Zika Virus Resources

Centers for Disease Control and Prevention

- [Information for Travelers](#)
- [Information for Pregnant Women](#)
- [Fact Sheets and Posters in English and Spanish](#)
- [Questions and Answers for Obstetrical Healthcare Providers](#)
- [Questions and Answers for Pediatric Healthcare Providers](#)
- [Zika Virus Information and Guidance for Clinicians](#)

California Department of Public Health

- [Aedes aegypti and Aedes albopictus Mosquitoes in California \(CDPH\)](#)
- [Zika virus](#)
- [Zika & Pregnancy Poster in English](#) and [Spanish](#)
- [Zika Questions and Answers for the Public in English](#) and [Spanish](#)

County of San Diego

- [Department of Environmental Health Vector Control Program](#)
- [Public Health Services Zika Virus Webpage](#)

Other

- [Zika Virus – Pan American Health Organization](#)
- [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](#)

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