



**Date:** September 30, 2016  
**To:** CAHAN San Diego Participants  
**From:** Public Health Services, Epidemiology Program

**Zika Virus Advisory #6 – Updated Case Counts, Guidelines, and Provider Actions; New Toolkits Available**

This health advisory provides CAHAN participants with recent Zika illness case counts, revised Zika virus sexual transmission prevention and travel guidelines, updated actions requested of healthcare providers, and new resource links, including provider toolkits.

**Zika-Affected Areas and Case Counts**

The World Health Organization [currently lists](#) 71 countries and territories with vector-borne Zika virus transmission since 2015. On September 29, 2016, the Centers for Disease Control and Prevention (CDC ) issued a [special travel warning](#) for pregnant women on 11 Southeast Asian countries with recent Zika activity. The warning includes Brunei, Burma, Cambodia, Indonesia, Laos, Malaysia, Maldives, Philippines, Thailand, Timor-Leste, and Vietnam. An up-to-date list of countries and territories with active Zika transmission may be found on the [CDC Zika Travel website](#).

As of September 26, 2016, 3,268 locally-transmitted cases have been confirmed in 21 Mexican states. Health officials in Sonora also [reported](#) locally transmitted Zika cases for the first time on September 21. No local Zika transmission has been reported in Baja California or Baja California Sur; however, both have reported dengue this year. The Mexican Health Ministry provides weekly updates on [Zika virus](#) , [chikungunya](#), and [dengue](#).

As of September 28, 2016, CDC reported that 3,625 Zika cases had been identified in U.S. states, including 30 cases associated with sexual transmission and 12 cases diagnosed with Guillain-Barré syndrome (GBS). U.S. territories (American Samoa, Puerto Rico, and U.S. Virgin Islands) have reported 22,069 cases, including 21,988 locally-acquired cases. Of those, 39 people were diagnosed with GBS. [U.S. case counts](#) are updated weekly.

As of September 22, 2016, the [national registry](#) of confirmed Zika infections in pregnant women includes 808 women in U.S. states and 1,490 women in U.S. territories. [Pregnancy outcomes](#) recorded in the registry include 21 liveborn infants with birth defects and five pregnancy losses with defects in the U.S. states, and one liveborn infant with birth defects and one pregnancy loss with defects in U.S. territories.

From January 1, 2015 to September 30, 2016, the California Department of Public Health (CDPH) reported 305 travel-associated cases of Zika. Case counts are updated weekly on the [CDPH Zika webpage](#). There have been 53 confirmed or probable travel-associated Zika cases in San Diego County, including two cases of sexual transmission from travelers. Eight cases

Country/Territory	Number (%)
Mexico	14 (26%)
Nicaragua	7 (13%)
Costa Rica	3 (6%)
Guatemala	3 (6%)
Puerto Rico	3 (6%)
Trinidad and Tobago	3 (6%)
Venezuela	3 (6%)
Brazil	2 (4%)
Colombia	2 (4%)
Jamaica	2 (4%)
American Samoa	1 (2%)
Caribbean (several islands)	1 (2%)
Central America (several countries)	1 (2%)
Dominican Republic	1 (2%)
Grenada	1 (2%)
Haiti	1 (2%)
Kiribati	1 (2%)
Saint Lucia	1 (2%)
Turks and Caicos	1 (2%)
No travel (sexual transmission)	2 (4%)
<b>Total</b>	<b>53 (100%)</b>

of dengue and a case of chikungunya have been diagnosed among the 544 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 (26%), Caribbean (26%), Central America (25%), and South America (14%).

### **Updated Guidance for Prevention of Sexual Transmission**

On September 30, 2016, CDC updated its [interim guidance](#) for persons with possible Zika virus exposure who are planning to conceive and interim guidance to prevent transmission of Zika virus through sexual contact. Based on new though limited data, CDC now recommends that all men with possible Zika virus exposure who are considering attempting conception with their partner, regardless of symptom status, wait to conceive until at least 6 months after symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic).

CDC recommendations for women planning to conceive remain unchanged: women with possible Zika virus exposure are recommended to wait to conceive until at least 8 weeks after symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic). Couples with possible Zika virus exposure, who are not pregnant and do not plan to become pregnant, who want to minimize their risk for sexual transmission of Zika virus should use a condom or abstain from sex for the same periods for men and women described above. Women of reproductive age who have had or anticipate future Zika virus exposure who do not want to become pregnant should use the most effective contraceptive method that can be used correctly and consistently. The recommendations will be further updated when additional data become available.

### **Updated Guidance for People Traveling to or Living in South Florida**

On September 20, 2016, CDC issued a [health update](#) for travel and testing of pregnant women and women of reproductive age for Zika virus related to local transmission in Florida. The [Florida Department of Health](#) has determined that there is no longer active transmission in Wynwood. However, active transmission has expanded in Miami Beach to a [4.5 square mile area](#). CDC no longer recommends pregnant women and their partners avoid travel to the Wynwood area; rather, they should consider postponing nonessential travel to all parts of Miami-Dade County. Pregnant women, should specifically avoid travel to the identified 4.5 square mile area of active transmission.

The situation in Florida continues to evolve. As of September 29, 2016, 119 non-travel related infections of Zika have been confirmed there. A locally transmitted case of dengue was [reported](#) this week in Miami-Dade County. A Zika Virus Information Hotline was activated for residents, visitors, and anyone planning travel to the state. The Zika Virus Information Hotline number is 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.

### **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 with at least two of the above symptoms within two weeks after return. Travelers to other counties in Florida 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 22 states in Mexico with known local Zika transmission who have at least two of the above symptoms within two weeks after return. 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 the above symptoms within two weeks after return may also be evaluated for Zika.

- 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.
- **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 and IgG testing on serum. In cases of acute illness, PCR and antibody tests are needed to rule out Zika. When testing for Zika, tests for dengue and chikungunya should also be obtained. **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 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.
  - Additional information about Zika virus testing and appropriate specimens for submission may be found 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 updated [CDC Interim Guidelines for the Evaluation and Management of Infants with Possible Zika Virus Infection — United States, August 2016](#).

## 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 and Spanish](#)

[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 and Guidance for Clinicians](#) - extensive clinical and testing guidance for all clinicians.

## 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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