



February 5, 2016

**LAC DPH Health Update:
Zika Virus Infection Update #2
Revised Management Recommendations for Pregnant Women and
Guidance to Prevent Sexual Transmission**

This message is intended for ob-gyn and prenatal care providers, pediatrics, internal medicine, family practice, urgent care, infectious disease, and emergency medicine health care providers. Please distribute as appropriate.

Key messages

- Providers should offer Zika virus serologic testing to all pregnant women who traveled to an [area with ongoing Zika virus transmission](#) during pregnancy, regardless of symptoms.
- Based on several reports of sexual transmission, providers should advise men who reside in or have traveled to an area of active Zika virus transmission who have a pregnant partner to abstain from sexual activity or consistently and correctly use condoms during sexual activity for the duration of the pregnancy.
- Other recommendations, as outlined in the [LAHAN from January 28, 2016](#), remain unchanged.
- In Los Angeles County (LAC), all requests for Zika virus testing must be made by calling the Acute Communicable Disease Control Program (ACDC) at 213-240-7941.
- Providers must report all suspected cases of Zika virus infection in Los Angeles County to ACDC.
- To learn more, participate on a conference call for providers hosted by the California Department of Public Health on Wednesday, February 10, 2016; 9:00-10:00 am PST; call 866-216-6835, participant passcode: 839641.

Situation

On February 5, 2016, the CDC issued [updated guidelines](#) that all asymptomatic pregnant women who traveled to areas with ongoing Zika virus transmission be offered serologic testing. A simplified algorithm for testing also is presented. A negative IgM result obtained 2–12 weeks after travel would suggest that a recent infection did not occur and could obviate the need for serial ultrasounds. Pregnant women with a negative Zika virus IgM test should receive routine prenatal care.

On February 2, 2016, a case of sexual transmission of Zika virus was reported in Dallas County, Texas. Updated CDC guidelines on prevention of sexual transmission of Zika virus can be found [here](#).

While there is one report of Zika virus being found in urine and saliva, there is no evidence of transmission from those fluids. Therefore, this finding does not yet merit any additional health recommendations. Further information will be shared as it becomes available.

Actions requested of providers

- ✓ Test for Zika virus as recommended
- ✓ Advise pregnant women to postpone travel to areas of ongoing Zika virus transmission
- ✓ Advise all persons traveling to areas of ongoing Zika virus transmission to strictly follow steps to [avoid mosquito bites](#)
- ✓ Contact ACDC at 213-240-7941 to report suspect cases and to coordinate Zika testing

Revised Testing for Zika Virus in Los Angeles County

Testing is recommended for the following situations:

- Pregnant women with a history of travel to a Zika-affected area regardless of symptoms
- Children with microcephaly whose mothers traveled to or resided in an area with ongoing Zika virus transmission during their pregnancy
- Infants born to mothers with positive or inconclusive test results for Zika virus infection
- Non-pregnant patients with compatible symptoms (two or more of: fever, maculopapular rash, arthralgia, or non-purulent conjunctivitis) and history of travel to a Zika-affected area.

NOTE: priority will be given to specimens from pregnant women and infants with microcephaly.

Testing should be considered for the following situation:

- Patients diagnosed with Guillain-Barre Syndrome (GBS) with a history of travel to a Zika-affected area. Testing also should be considered for other known causes of GBS.

Testing is not recommended for asymptomatic non-pregnant persons.

All Zika virus testing must be coordinated and approved by ACDC which will provide the test submission form and advice on specimen collection, storage and shipping. Providers should have the following patient information ready before contacting ACDC:

- Dates of travel and country/countries of travel
- Symptoms; date of onset
- If pregnant, gestational age

- History of previous infection with dengue, Chikungunya or West Nile virus, and history of vaccination for Yellow Fever or Japanese encephalitis

Note: test results may be delayed due to the volume of requests.

For Zika consultation or to report a suspected case

Los Angeles County DPH ACDC:

- Weekdays 8:30 am-5:00 pm call 213-240-7941
- Non-business hours (evenings, weekends and holidays) call 213-974-1234. Ask for the physician on call.

Long Beach Health and Human Services:

- Week days 8-5PM call 562-570-4302
- After hours call 562-435-6711 and ask for Communicable Disease Lead

Pasadena Public Health Department:

- 626-744-6043

Additional Resources on Zika Virus

LAC DPH

- Further information on Zika virus can be found at <http://publichealth.lacounty.gov/acd/VectorZika.htm>
- Waiting room poster “Zika travel warning”:
<http://www.publichealth.lacounty.gov/hea/library/topics/zikavirus/CDCP-ACDC-0081-01.pdf> (English)
<http://www.publichealth.lacounty.gov/hea/library/topics/zikavirus/CDCP-ACDC-0081-02.pdf> (Spanish)
- Zika frequently asked questions:
<http://www.publichealth.lacounty.gov/hea/library/topics/zikavirus/CDCP-ACDC-0080-01.pdf> (English)
<http://www.publichealth.lacounty.gov/hea/library/topics/zikavirus/CDCP-ACDC-0080-02.pdf> (Spanish)

CDC

- Zika homepage: <http://www.cdc.gov/zika>
- CDC travel notices: <http://wwwnc.cdc.gov/travel/notices>

Pan American Health Organization

- Zika virus homepage:
http://www.paho.org/hq/index.php?option=com_content&view=article&id=11585&Itemid=41688&lang=en

This Health Update was sent by Dr. Laurene Mascola, Chief, Acute Communicable Disease Control Program, Los Angeles County Department of Public Health.

Please visit our LAHAN webpage <http://publichealth.lacounty.gov/eprp/lahan> to view this and other communications.