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Denise Stinson, R.N. • (253) 798-7671 • [dstinson@tpchd.org](mailto:dstinson@tpchd.org)

Communicable Disease Division

3629 South D Street, Tacoma, WA 98418

(253) 798-6410 (phone) • (253) 798-7666 (fax)

## Zika Virus Update

Be aware that Zika virus is circulating in many parts of the world. For an up-to-date list of areas with active Zika transmission, see [www.cdc.gov/zika/geo/index.html](http://www.cdc.gov/zika/geo/index.html).

### Actions Requested

- **Obtain travel history from all pregnant women.** CDC advises pregnant women to avoid travel to areas with active Zika transmission. CDC also advises women who are considering becoming pregnant to consult with their healthcare provider regarding travel.
- **Be alert to the symptoms of Zika in patients with relevant travel.** Only about 20 percent of patients with Zika infection will have symptoms. If present, symptoms include acute onset of fever, maculopapular rash, arthralgia and conjunctivitis.
- **Be aware of CDC recommendations** that men with travel to an area with Zika transmission avoid sexual contact with pregnant partners, or correctly and consistently use condoms.
- **Consider dengue and chikungunya in symptomatic travelers.** Dengue and chikungunya circulate in the same areas as Zika, and should be tested for commercially if Zika is suspected. If dengue is a possibility, patients should avoid aspirin and NSAID until dengue has been ruled out.
- **Call Tacoma-Pierce County Health Department at (253) 798-6410 if you want to arrange Zika testing.** Testing is currently available only at CDC and the local health department *must* approve testing.
  - **Before calling, obtain travel history location and dates from the patient.**

### CDC Testing Criteria

- All persons with travel to an area with known Zika virus transmission (regardless of pregnancy status) reporting two or more of the following symptoms: acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis, during or within two weeks of travel. Obtain specimens during the first week of illness if possible.
- Pregnant women with travel to an area with known Zika virus transmission (at any trimester).
  - With clinical illness consistent with Zika virus disease—Testing recommended during the first week of illness if possible.
  - Asymptomatic —Testing can be offered two to 12 weeks after pregnant women return from travel.
  - Babies born to women with a history of travel during pregnancy to an area with known Zika virus transmission, with evidence of maternal infection or fetal infection.

If testing, collect 2 mL serum, separate, refrigerate and transport cold to the Washington Public Health Laboratories. Be sure to also collect serum for commercial dengue and chikungunya testing, if indicated.