

Maricopa County Department of Public Health (MCDPH)

Zika Virus Update

Public Health Surveillance Alert: January 29th, 2016

Zika virus is a mosquito-borne disease spread by *Aedes* mosquitoes that is rapidly spreading in South and Central American countries and the Caribbean. Zika virus has been identified in U.S. residents who traveled to areas with Zika virus transmission (<http://wwwnc.cdc.gov/travel/notices>); however, no cases have been identified in Arizona and transmission within the continental U.S. has not been documented. Zika virus has been identified in tissues from several infants with microcephaly and from fetal losses in women who were infected during pregnancy. A possible association between Zika virus and Guillain-Barré syndrome is being evaluated.

Symptoms of Zika virus disease usually start 2–7 days after being bitten by an infected mosquito and can last for several days to a week. They include:

- ❖ Fever
- ❖ Rash
- ❖ Conjunctivitis (nonpurulent)
- ❖ Joint pain
- ❖ Muscle pain
- ❖ Headache

Recommendations:

- Obtain a travel history from patients with signs or symptoms of Zika virus or any patient with Guillain-Barré syndrome.
- Consider advising pregnant women to postpone travel to areas with Zika virus transmission.
- Obtain serial ultrasounds to detect development of microcephaly or intracranial calcifications for pregnant women with travel history to an area with Zika virus transmission.
- Encourage persons travelling to or returning from an area with Zika virus transmission to wear insect repellent, long pants, and long sleeves, and to avoid mosquito bites.
- No specific antiviral therapy is available; aspirin and other NSAIDs should be avoided until dengue virus has been ruled out.

Contact MCDPH for Zika virus testing for the following individuals:

- Pregnant women with a history of travel to an area with Zika virus transmission who have symptoms compatible with Zika virus disease or ultrasound findings of fetal microcephaly or intracranial calcifications.
- Infants whose mothers traveled to or resided in an area with Zika virus transmission during pregnancy
 - with microcephaly or intracranial calcifications detected prenatally or at birth **OR**
 - the mother had a positive or inconclusive test for Zika virus prior to delivery
- Any traveler to an area with Zika virus transmission who developed compatible symptoms within 2 weeks of returning to U.S.
- Testing for travelers without symptoms cannot be performed at this time

More information regarding Zika virus:

- Interim Guidelines for Pregnant Women During a Zika Virus Outbreak
 - Link <http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>
- Interim Guidelines for the Evaluation and Testing of Infants with Possible Congenital Zika Virus Infection
 - Link <http://www.cdc.gov/mmwr/volumes/65/wr/mm6503e3.htm>

For more information about Zika virus and testing, please visit: <http://www.cdc.gov/zika/>

*All arboviral diseases are reportable. To report any **suspect** human case of Zika call MCDPH at (602) 747-7111*

