

October 12, 2016

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Cases of travel-associated Zika virus infection continue to be reported in Orange County

Zika Virus Update



Background: Zika virus is a mosquito-borne virus that is causing outbreaks in many countries and territories. Zika virus can be passed in utero and cause birth defects, particularly microcephaly. The majority of infections are asymptomatic. Symptomatic individuals often experience some combination of acute onset of fever, maculopapular rash, arthralgia, and conjunctivitis 3 to 14 days after exposure.

Situation Update:

- **Orange County:** 23 cases, all travel-related
- **California:** As of Oct 7, 328 travel-associated infections have been reported (3 sexually acquired). The most frequented countries or territories of Zika exposure include Mexico, Nicaragua, Guatemala, El Salvador, the Dominican Republic, Puerto Rico, and Honduras.
- **US States:** As of Oct 5, 3,712 travel-associated cases, 30 sexually transmitted, 13 with Guillain-Barre Syndrome have been reported. Florida has reported 147 locally-acquired cases (as of Oct 11). Active transmission continues to occur in a small area of Miami Beach.
- For countries and territories with active Zika virus transmission, see <http://www.cdc.gov/zika/geo/index.html>

Current CDC recommendations for couples considering attempting conception (Updated Sept 30):

- Men with possible Zika virus exposure through travel or sexual contact should wait to conceive until at least 6 months after symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic).
- Women with possible Zika virus exposure through travel or sexual contact should wait to conceive until at least 8 weeks after symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic).

Testing for Zika Virus:

For symptomatic patients, testing recommendations vary according to symptom onset. Given the overlap in clinical presentation and geographic distribution with chikungunya and dengue infections, patients with suspect Zika infection should generally be tested for these viral infections as well.

All pregnant women should be assessed for Zika virus exposure at each prenatal care visit. Possible exposures to Zika virus that warrant testing include:

- Travel to or residence in an area with a current Zika outbreak OR
- Sex with a partner who has traveled to or resides in an area with a current Zika outbreak
- For a testing algorithm for pregnant women, visit: http://www.cdc.gov/zika/pdfs/testing_algorithm.pdf.

Recommendations for Travelers:

Travelers to areas with active Zika virus transmission should take steps to prevent mosquito bites while traveling. Because mosquitoes that transmit Zika virus (*Aedes aegypti* & *Aedes albopictus*) have been sporadically detected in Orange County, they should continue to practice mosquito-avoidance measures for 3 weeks after return, regardless of symptom status, to prevent the spread of Zika virus locally.

Other Resources:

- FAQ for Health Care Providers (Updated Oct 4): <http://www.cdph.ca.gov/HealthInfo/discond/Documents/ZIKAVirusFAQsforHealthCareProviders.pdf>
- For additional information, visit: <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>

Suspect or confirmed cases of Zika virus infection are reportable immediately to the OCHCA Epidemiology and Assessment Program by phone at 714-834-8180.

For comments or suggestions on this newsletter, please contact Sandra Okubo, MPH, or Matt Zahn, MD at (714) 834-8180. To receive this newsletter by email, please contact us at epi@ochca.com.

