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UPDATED HEALTH ADVISORY: ZIKA VIRUS

MARCH 8, 2016 (UPDATED FROM FEB. 12, 2016)

The San Francisco Dept. of Public Health (SFDPH) provides this guidance based on current information. Recommendations may change, and SF recommendations may differ from those issued by the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH).

WHAT HAS CHANGED

- Instructions for testing, form completion, and specimen shipping have been **simplified** so that the CDC form is no longer needed; only the state VRDL form is required. See www.sfdcp.org/zika_providers.html
- Zika serologic testing is available for pregnant women who had condomless sex (fellatio or vaginal or anal intercourse) with a male partner who resides in or traveled to an area of active Zika transmission and who had Zika symptoms during travel or within 2 weeks of return¹

ACTIONS REQUESTED OF ALL CLINICIANS

1. Counsel pregnant women in any trimester to:

- a. Consider postponing travel to areas where Zika virus transmission is ongoing.
- b. During the entire pregnancy, abstain from sexual activity or use condoms consistently and correctly with male partners who have traveled to or resided in areas with ongoing Zika virus transmission.

2. Counsel male patients who have been in a Zika transmission area to abstain from sexual activity with a pregnant partner or use condoms consistently and correctly with a pregnant partner.

3. Counsel travelers to Zika transmission areas to adhere strictly to recommended mosquito bite precautions.

4. Consider Zika testing per updated CDC guidance.

- a. Zika testing is **recommended** for pregnant women who have a clinical illness consistent with Zika disease during or within 2 weeks of being in a Zika transmission area. Testing is also recommended if there are findings of fetal/newborn microcephaly with a relevant history of maternal travel.
- b. Zika testing **can be offered** to asymptomatic pregnant women: (a) 2-12 weeks after their return from a Zika transmission area; or (b) who had unprotected sex with a male partner who resides in or traveled to a Zika transmission area and had Zika symptoms during travel or within 2 weeks of return.
- c. Consider testing suspect cases of Zika virus infection for dengue and chikungunya viruses.

5. Follow SFDPH instructions for Zika testing. **The specimen submission procedure has been simplified:** only the VRDL form is required. See detailed instructions on testing, form completion, and specimen shipping for SF healthcare providers at www.sfdcp.org/zika_providers.html. SFDPH Communicable Disease Control Unit (CDCU) is available for questions at (415) 554-2830.

6. Check for updates regularly as knowledge and guidance are evolving rapidly. We recommend:

www.cdc.gov/zika/index.html || www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx;
www.cidrap.umn.edu/infectious-disease-topics/zika || www.sfdcp.org/zika_providers.html

¹ MMWR Weekly March 4, 2016 (<http://www.cdc.gov/mmwr/volumes/65/wr/mm6508e2.htm>)

Categories of urgency levels

Health Alert: conveys the highest level of importance; warrants immediate action or attention

Health Advisory: provides important information for a specific incident or situation; may not require immediate action

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action