

**FOR IMMEDIATE RELEASE 1/22/2016**
**FOR INFORMATION CONTACT**

TO: Grant County Healthcare Providers

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## CDC Issues Guidelines for Pregnant Women at Risk for Zika Virus

**Pregnant women should avoid traveling to areas where Zika virus is present**

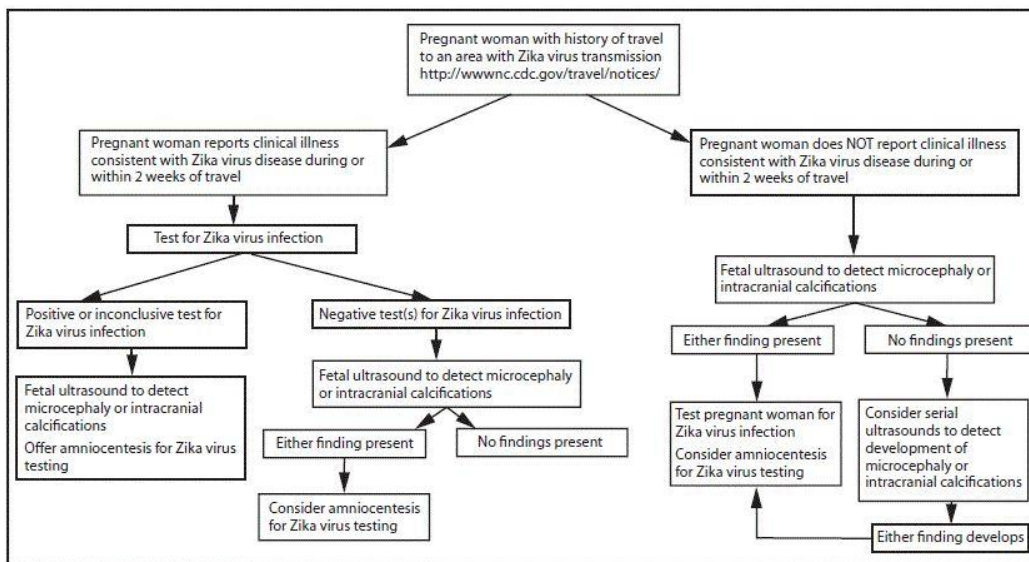
GRANT COUNTY, WA – Grant County Health Officer, Dr. Alexander Brzezny, issues an alert to our healthcare provider community about the new CDC guidelines for patients who are pregnant (or may become pregnant) and intend to travel to areas with ongoing transmission of Zika virus.

Zika virus has recently been associated with an increasing prevalence of **microcephaly** in babies of mothers who were infected with Zika virus while pregnant. Because of the potential link to adverse pregnancy events, **CDC has recommended enhanced precautions for pregnant women, including a recommendation to postpone travel to areas where Zika virus transmission is ongoing, or if travel must occur, strict mosquito bite prevention.**

### Testing

Health care providers should ask all pregnant patients about recent travel. Women who have traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection and tested in accordance with CDC Interim Guidance, Testing Algorithm:

[www.cdc.gov/mmwr/volumes/65/wr/mm6502e1er.htm?s\\_cid=mm6502e1er\\_e#F1\\_down](http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1er.htm?s_cid=mm6502e1er_e#F1_down)



**If you suspect Zika virus in a patient who fits the CDC algorithm testing criteria, contact GCHD to help arrange testing.** There are currently no commercial tests available. Additionally, because Zika virus has similar geographic distribution and clinical presentation as Dengue Fever and Chikungunya Virus Infection, patients with symptoms consistent with Zika virus should also be evaluated for Dengue and Chikungunya, in accordance with existing guidelines.

The complete testing guidelines can be found on the CDC website.

[www.cdc.gov/mmwr/volumes/65/wr/mm6502e1er.htm?s\\_cid=mm6502e1er\\_e](http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1er.htm?s_cid=mm6502e1er_e)

### **Travel**

Outbreaks of Zika virus are currently occurring in many countries in South and Central America and the Caribbean. In December, 2015, Puerto Rico reported their first case of Zika virus. Locally-transmitted Zika virus has not been reported elsewhere in the United States, but cases of Zika have been reported in returning travelers. **Because of this, CDC has issued a new travel health notice:**

[wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices) for almost two dozen countries including Mexico, Brazil, and Puerto Rico. **Specific areas where Zika virus transmission is ongoing are often difficult to determine and are likely to continue to change over time.**

### **General Information**

Zika virus is spread to people through bites from *Aedes Aegypti* mosquitoes. The most common symptoms of Zika virus disease are: fever, rash, joint pain, and conjunctivitis. The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon. There is no vaccine to prevent or medicine to treat Zika. Travelers can protect themselves from this disease by taking steps to prevent mosquito bites. When traveling to countries where Zika virus (see CDC travel advisories: [wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices)) or other viruses spread by mosquitoes have been reported, use insect repellent, wear long sleeves and pants, and stay in places with air conditioning or that use screens on their windows and doors ([www.cdc.gov/zika/prevention/index.html](http://www.cdc.gov/zika/prevention/index.html)).

### **Consultation**

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