



Health, Housing & Community Services Department  
Public Health Division  
(510) 981-5300

## Health Alert

May 27, 2016

Janet Berreman, MD, MPH  
Health Officer

### Updated Zika guidelines

**Please distribute to all providers in your practice**

#### Current Situation:

As of 5/20/2016, there have been 49 travel-associated cases of Zika reported in California. To date, there has been no local transmission of Zika, and the risk of Zika virus transmission remains low in California. The current list of Zika-affected areas can be found here: <http://www.cdc.gov/zika/geo/index.html>. There is no vaccine or medication to prevent Zika virus infection.

#### KEY UPDATES:

- The CDC [updated its interim guidance](#) on **preconception counseling recommendations**. Persons should wait for the following time intervals before attempting conception:
  - Women who had Zika virus disease—at least 8 weeks after symptom onset
  - Men who had Zika virus disease—at least 6 months after symptom onset
  - Women and men who reside in an area with Zika virus transmission and are asymptomatic—should speak with their health care providers
- On 5/13/2016 the CDC issued [new guidance](#) for **Zika testing of urine**. Recent reports suggest that Zika virus RNA can be detected in urine for at least 2 weeks after onset of symptoms. For Zika testing, the [CDPH recommends](#):  
For symptomatic patients with exposure to Zika virus:
  - Within 7 days of illness onset, submit serum specimen. Urine specimen may be submitted also and may improve testing accuracy, but is not required.
  - Within 8-21 days (3 weeks) of illness onset, submit **both** urine and serum specimens.
  - A urine specimen must be submitted with a serum sample for the optimal interpretation of results. Do not submit urine samples alone.  
For asymptomatic patients with exposure to Zika virus:
  - Serum specimens must be collected within 2-12 weeks after last potential exposure.

#### **Actions Requested of Clinicians:**

- **Report** suspected cases of Zika virus with appropriate symptomology and travel history to Berkeley Public Health by phone at 510-981-5300, after hours at 510-981-5911.
- **Test** patients with appropriate symptomology and travel history by arranging testing through Berkeley Public Health.
  - Obtain approval from Berkeley Public Health for testing by faxing the [Zika Virus Disease Testing Request form](#) to **Berkeley Public Health at 510-981-5345**.
- **Advise** patients to avoid mosquito bites. Refer travelers, particularly pregnant women, to CDC Travel Advisories for current information about travel.

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#### Laboratory Testing Guidance:

[http://www.cdph.ca.gov/programs/vrdl/Documents/Zika\\_Testing\\_VRD\\_L\\_Quicksheet.pdf](http://www.cdph.ca.gov/programs/vrdl/Documents/Zika_Testing_VRD_L_Quicksheet.pdf) (Updated 5/11/16)

#### Prevention:

- There are no vaccines to prevent Zika infection.
- Travelers to regions with known Zika virus transmission should monitor CDC travel alerts and for pregnant women, consider postponing travel.
- Preventing mosquito bites is the only control measure to avoid becoming infected.

#### Resources for Health Care Providers:

- [California Department of Public Health \(CDPH\): Zika](#)
  - [Zika Talking Points for Health Care Providers](#) and [FAQs for Health Care Providers](#)
- [Centers for Disease Control \(CDC\): Zika](#)
  - [CDC HAN Health Update- 5/25/16](#)
- [CDC MMWR: Zika Reports](#)
- [U.S. Food and Drug Administration Emergency Use Authorization for Zika](#)

#### Resources for Travelers:

- [Centers for Disease Control and Prevention list of Zika-affected areas](#)
- [CDC Travel Alerts](#)
- [Traveler's Health: Zika Travel Information](#)
- [Surveillance and Control of Aedes aegypti and Aedes albopictus in the United States](#)

#### CDPH Zika Toolkits:

- [Zika Travel Outreach Toolkit](#)
- [Zika and Sexual Transmission Toolkit](#)
- [Zika and Pregnancy Outreach Toolkit](#)

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