



# County of Santa Cruz

## HEALTH SERVICES AGENCY

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### COMMUNICABLE DISEASE UNIT

## PUBLIC HEALTH ADVISORY

**Subject: Zika Virus Update**  
**Date: August 11, 2016**  
**Contact: Communicable Disease Unit (831) 454-4114**

**WHAT HAS CHANGED** – CDC has updated its guidelines for preventing sexual transmission of Zika and for testing pregnant women with potential Zika exposure. In addition, on July 29, 2016 The U. S. Centers for Disease Control and Prevention (CDC) acknowledged in the Morbidity and Mortality Weekly Report that “Zika virus has been identified as a cause of congenital microcephaly and other serious brain defects.”

- **The definition of potential Zika exposure is broadened to include travel to Zika transmission areas OR having had sex without use of a barrier method with a person (male or female, symptomatic or asymptomatic) who has been in a Zika transmission area.**
- **The Zika testing algorithm in pregnancy is updated based on whether symptoms are present or absent, the time interval since symptom onset (if present), and the circumstances of potential exposure (if symptoms absent).**

### **ACTIONS REQUESTED OF ALL CLINICIANS**

1. **Counsel pregnant women in any trimester to postpone travel to Zika transmission areas.** Those with a partner who traveled to or resided in areas with ongoing Zika transmission (<http://www.cdc.gov/zika/geo/index.html>) should use a barrier method consistently and correctly, or abstain from sex (oral, anal, or vaginal) for the entire pregnancy.
2. **Counsel non-pregnant couples to prevent sexual transmission of Zika virus.** Men who had Zika infection or symptoms consistent with Zika infection should use condoms or abstain from sex for at least 6 months after symptom onset. Men who were in a Zika transmission area but never developed symptoms, and women who were in a Zika transmission area (whether they developed symptoms or not) should use a barrier method or abstain from sex for at least 8 weeks after leaving the area.
3. **Follow the testing guidelines** posted on the Santa Cruz County website listed below.
4. **Coordinate between prenatal care and labor/delivery settings:** Prenatal providers should have a systematic way of communicating Zika testing so that Labor/Delivery personnel are aware of any pending Zika tests. Neonatal providers should consider holding newborn serum specimen pending the maternal test result.
5. **Check for updates regularly as knowledge and guidelines are evolving rapidly. We recommend:** [www.cdc.gov/zika](http://www.cdc.gov/zika) | <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx>

**CURRENT GUIDELINES:** Refer to the California Department of Public Health's *CDPH Zika Virus FAQ's for Healthcare Providers* for more detail:

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/ZIKAVirusFAQsforHealthCareProviders.pdf>

**CDC updated guidelines** on Zika testing for pregnant women and or those considering pregnancy:

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6529e1.htm?s\\_cid=mm6529e1\\_e](http://www.cdc.gov/mmwr/volumes/65/wr/mm6529e1.htm?s_cid=mm6529e1_e)

**FOR TESTING:** Contact Santa Cruz County Public Health / Communicable Disease Unit (CDU) at (831) 454-4114 to facilitate testing. We will request submission of our *Zika Virus Testing Criteria / Guidelines Form* via fax to (831) 454-5049.

<http://www.santacruzhealth.org/Portals/7/Pdfs/CD/201601ZikaTestingForm.pdf>



**Public Health**  
Prevent. Promote. Protect.

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**Santa Cruz County**

**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.