

DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



## **PUBLIC HEALTH ADVISORY**

January 21, 2016

### **Zika Virus • Public Health Travel Advisory**

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#### **Current Situation**

The U.S. Centers for Disease Control and Prevention has issued a travel alert to regions and countries where Zika virus transmission is ongoing including: *Central and South America, the Caribbean, Brazil, Colombia, El Salvador, French Guiana, Guatemala, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Suriname, Venezuela, and Puerto Rico.*

The alert follows reports in Brazil of increased numbers of newborns with microcephaly (a much smaller than expected head size) and fetal losses among mothers who were infected with Zika virus while pregnant.

#### **Until more is known, the California Department of Public Health recommends special travel precautions:**

- Pregnant women in any trimester and women trying to become pregnant should consider postponing travel to areas where Zika virus transmission is ongoing. Pregnant women who must travel to one of these areas are advised to talk to their healthcare provider first and strictly follow steps to avoid mosquito bites.
- Pregnant women who traveled to an area with ongoing Zika virus transmission during pregnancy should be evaluated for Zika virus infection if they had any symptoms suggestive of Zika or if their baby has evidence of microcephaly or brain calcifications. Dengue and chikungunya virus infection should be ruled out in these patients.

#### **Zika Virus Disease**

Zika is an infectious disease caused by the Zika virus that can be transmitted to people by the *Aedes* mosquitoes. Most infected people have no symptoms.

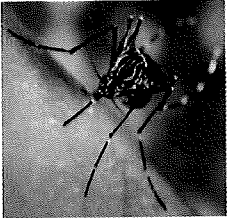
The most common symptoms are fever, rash, joint pain, and/or red eyes. Symptoms usually begin 3-7 days after an infected mosquito bites a person and lasts several days to a week. The illness is usually mild, and severe disease requiring hospitalization is uncommon. The only treatment available is supportive care including rest, fluids, analgesics, and antipyretics.

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San Rafael, CA 94901  
415 473 4163 T  
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[www.marincounty.org/hhs](http://www.marincounty.org/hhs)

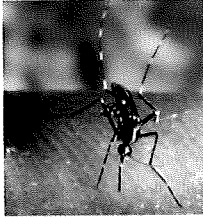
### Recommendations for Physicians

- There is no specific treatment for Zika Virus
- Differential Diagnosis: Consider Zika in the evaluation of febrile patients with compatible signs, who have traveled to the countries mentioned in the two weeks prior to symptom onset.
- Report suspect cases of Zika virus disease to Marin Public Health Communicable Disease Prevention and Control, 415-473-4163, which will assist with coordinating tests needed to help confirm the diagnosis.
- Zika virus is closely related to dengue and West Nile, antibody tests for these viruses can be cross-reactive.
- Establishing the diagnosis is important as proper clinical management of dengue can improve outcome, follow up is recommended for women who have Zika during pregnancy.
- Advise patients with suspect Zika, chikungunya, or dengue to take measures to avoid being bitten by mosquitoes during the first week of illness.
- Interim Guidelines for Pregnant Women During a Zika Virus Outbreak — United States, 2016. MMWR Morb Mortal Wkly Rep 2016;65:30–33

*Aedes aegypti*



*Aedes albopictus*



### Mosquito Transmission

**Neither the *Aedes aegypti* or *Aedes albopictus* mosquitoes have ever been identified in Marin County.**

The two *Aedes* mosquitoes identified are aggressive day-biters that potentially transmit viruses after biting an infected person.

### Prevention

There are no vaccines to prevent Zika infection. Preventing mosquito bites is the only way to avoid becoming infected.

- Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol for long lasting protection. If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.
- When weather permits, wear long-sleeved shirts and long pants.
- Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.
- Help reduce the number of mosquitoes outside your home or hotel room by emptying standing water from containers such as flowerpots or buckets.
- You can also go to The Marin/Sonoma Mosquito and Vector Control District website to learn more about mosquito control.

If you have returned from an affected region and have fever with rash and/or joint pain within the week following your return, please contact your medical provider and tell them where you have traveled.

A handwritten signature in black ink, appearing to read 'Matthew Willis'.

Matthew Willis, MD, MPH, Public Health Officer