



Zika Virus Fact Sheet

Travel Notice:

The Centers for Disease Control and Prevention are working with national, regional, and worldwide partners to better understand Zika Virus. On 8 February, the CDC's Emergency Operation's Center moved to Level 1 activation – its highest level, to accelerate the preparedness process in anticipation for potential transmission in the Continental United States.

As of 26 January, the CDC has issued an Alert Level 2 – Practice Enhanced Precautions notice for travelers to countries affected by Zika virus. The countries include:

Bonaire, Cape Verde, American Samoa, Marshall Islands, New Caledonia, Samoa, Tonga; in the Caribbean: Aruba, Barbados, Commonwealth of Puerto Rico, Cuba, Curacao, Dominica, Dominican Republic, Guadeloupe, Haiti, Jamaica, Martinique, Saint Martin, Saint Maarten, Saint Vincent and the Grenadines, Trinidad and Tobago, U.S. Virgin Islands; in Central America: Costa Rica, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama; in South America: Bolivia, Brazil, Colombia, Ecuador, French Guiana, Paraguay, Venezuela

The CDC recommends women who are pregnant or may become pregnant avoid travel to the above areas; the relationship between Zika Virus infection and birth defects/poor pregnancy outcomes has been observed, and is being studied more thoroughly.

The CDC recommends serologic testing for women who are asymptomatic with recent travel history to affected areas of ongoing transmission within 2-12 weeks of return.

Zika virus is present in semen longer than in blood, though the amount of time is unknown; practicing safe sex may help prevent Zika infection

Zika Virus is a nationally notifiable disease

Contact KDHE 1-877-427-7317 to alert of suspected cases

No locally acquired cases in the United States; all cases have been travel-associated

About:

Zika Virus is an arboviral disease of the *Flaviviridae* family. It is transmitted through the bite of an infected mosquito of the genus *Aedes*. The mosquitos that spread Zika Virus are: *Aedes aegypti* and *Aedes albopictus*. *A. albopictus* can be found in Kansas, though currently no mosquitos have tested positive for carrying the disease.

Mosquitos can become infected when they bite someone who already has the disease and spread it when feeding; it is believed that the disease can be spread from person-to-person through blood transfusions and potentially sexual contact – more research must be done to confirm. Research is being conducted to determine relationship between poor pregnancy outcomes and Zika Virus infection.

There are no reports of infants getting Zika Virus through breastfeeding

Incubation period: 2-14 days

Symptoms:



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The most common symptoms include: *Fever, rash, joint pain, and conjunctivitis*. Other symptoms include: *Muscle pain, headache*

Symptoms last 7-10 days

Diagnosis:

ICD-10 Code: A92.8

Clinicians may order blood tests to look for Zika or a similar virus (Dengue, Chikungunya) if patient is displaying symptoms; all specimens should be sent directly to the Centers for Disease Control and Prevention directly, following CDC shipping guidelines. Notifying KDHE prior to submission is not necessary; only notify KDHE if results are positive

RT-PCR (Reverse Transcriptase PCR) on serum. Virus-specific IgM and neutralizing antibodies develop toward the end of first week of illness; cross-reaction with similar Flaviviruses is common and results are difficult to discern. Plaque-reduction neutralizing testing can be done to measure virus-specific antibodies and discriminate between cross-reacting antibodies in primary Flavivirus infection

Treatment:

There is no vaccine to prevent Zika Virus

Rest and Hydration

Acetaminophen to reduce pain and fever

DO NOT USE aspirin or NSAIDs (ibuprofen and naproxen)

Prevention:

EPA-registered insect repellent (i.e.) Off!, Cutter, Sawyer, Skin So Soft; the use of insect repellent while pregnant is safe and poses no adverse risk to the unborn child

Mosquito nets

Long sleeve shirts and long pants

Avoid travel to affected countries and regions

Important Numbers

RCHD Disease Investigation Line: 785-317-0474

RCHD PHEP Coordinator: 785-776-4779 x 7633

KDHE Epidemiology Line: 1-877-427-7317 extension 5



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Resources:

Centers for Disease Control and Prevention. (2016, January 22). *Morbidity and Mortality Weekly Report (MMWR)*. Retrieved from Centers for Disease Control and Prevention: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>

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Heymann, D. L. (2015). *Control of Communicable Diseases Manual*. Washington DC: American Public Health Association.

University of Minnesota Center for Infectious Disease Research and Policy. (2016). *Zika*. Retrieved from Center for Infectious Disease Research and Policy: <http://www.cidrap.umn.edu/infectious-disease-topics/zika>

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