



FACSIMILE – ALERT

Immediate Attention Required

Name:	
Organization:	Calhoun County Health Care Providers
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Subject:	Zika Virus
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Due to the increased awareness and identification of the Zika Virus (Zika) in the United States, the Calhoun County Public Health Department (CCPHD) is providing information on the virus and recommended evaluation of patients. Attached to this notice is a Zika Virus Fact Sheet for your information as well.

Pregnant Women who have Traveled to Areas with Zika Virus Transmission:

- Pregnant women not experiencing symptoms consistent with the Zika disease should be tested within 2-12 weeks of after returning from areas with ongoing Zika transmission.
- Pregnant women who have traveled to areas with ongoing Zika transmission and develop symptoms consistent with Zika disease within two weeks of their return from travel, should be tested for Zika.
- Zika testing is recommended for infants with microcephaly or intracranial calcifications born to women who have traveled or resided in an area with Zika transmission while pregnant, or infants born to mothers with positive or inconclusive Zika testing.

Patients with Symptoms:

- Evaluate patients, particularly pregnant women, for potential exposure to Zika by asking about recent travel for the patients or their sex partners.
- Please report any suspect cases to the CCPHD or county health department where the suspect patient resides. Testing for Zika is not currently commercially available and is being performed by public health (CDC). Zika testing can be requested through your local health department.

- Because of the risk of congenital defects in the developing fetus of pregnant women exposed to Zika during pregnancy, testing should be prioritized for these patients.

For more information, visit the following websites.

<http://www.cdc.gov/mmwr/volumes/65/wr/pdfs/mm6505e2er.pdf>

<http://www.cdc.gov/mmwr/volumes/65/wr/pdfs/mm6505e1er.pdf>

<http://www.cdc.gov/zika/index.html>

This situation is rapidly evolving and new information is becoming available daily. The CCPHD will continue to provide updates as deemed necessary.

Zika Virus

What is Zika?

Zika is a disease caused by Zika virus (Zika) that is spread to people primarily through the bite of an infected *Aedes* species mosquito.

What are the symptoms of Zika?

- About 1 in 5 people infected with Zika become ill (i.e., develop Zika).
- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache.
- The illness is usually mild with symptoms lasting for several days to a week.
- People usually don't get sick enough to go to the hospital, and very rarely die of Zika.
- Zika usually remains in the blood of an infected person for about a week, but can be found longer in some people.

Who can get Zika?

People travelling to areas where Zika is prevalent (<http://www.cdc.gov/zika/index.html>).

How is Zika transmitted?

Through Mosquito Bites:

- Mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots, vases.
 - Mosquitoes that spread Zika, Dengue, and Chikungunya are aggressive daytime biters, but can also bite at night.
- Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

From Mother to Child (Rare):

- A mother already infected with Zika near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare.
- It is possible that Zika could be passed from a mother to her baby during pregnancy.
- To date, there are no reports of infants getting Zika through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika is found.

Through Infected Blood or Sexual Contact:

- Zika spread through blood transfusion and sexual contact has been reported.

What is the incubation period?

Unknown, but is likely to be a few days to a week.

How can I prevent Zika?

- No vaccine exists to prevent Zika.
- Prevent Zika by avoiding mosquito bites.

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- When traveling to countries where Zika virus or other viruses spread by mosquitoes are found, take the following steps:
 - Wear long-sleeved shirts and long pants.
 - Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
 - Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
 - Use insect repellents
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.
 - If you have a baby or child:
 - Do not use insect repellent on babies younger than two months of age.
 - Dress your child in clothing that covers arms and legs, or cover crib, stroller, and baby carrier with mosquito netting.
 - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.

How is Zika treated?

To treat the symptoms:

- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain (do NOT take aspirin or other non-steroidal anti-inflammatory drugs)
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

If you have Zika, prevent mosquito bites for the first week of your illness.

- During the first week of infection, Zika can be found in the blood and passed from an infected person to a mosquito through mosquito bites.
- An infected mosquito can then spread the virus to other people.

Updated 2/12/16

This fact sheet is meant to provide general health information and is not intended to be medical advice or otherwise take the place of your doctor's orders or to diagnose your specific health problems. Check with your doctor if you have any questions or concerns about your health.

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