

# County of Santa Clara

## Public Health Department

Health Officer  
976 Lenzen Avenue, 2<sup>nd</sup> Floor  
San José, CA 95126



### HEALTH ADVISORY: Zika Virus

**DATE:** January 29, 2016

**TO:** Physicians, Physician Assistants, Nurse Practitioners, Infection Control, Hospitals, and Clinics

**FROM:** Sara H. Cody, MD  
Health Officer and Director      George S. Han, MD, MPH  
Communicable Disease Controller

Zika virus is a mosquito-borne virus in the same family as dengue that causes mild illness with fever, rash, joint pain, and conjunctivitis in 20% of those who become infected. It first appeared in the Americas in May 2015, in Brazil. Since then, it has spread throughout Latin America and the Caribbean (see [www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo) for countries currently reporting active transmission of Zika virus). Like dengue, it is transmitted by the bite of infected *Aedes aegypti* or *Aedes albopictus* mosquitoes. These mosquitoes are not present in Santa Clara County, but they have been found in other parts of California, and the Santa Clara County Vector Control District continues to monitor for *Aedes* here. Cases in the U.S. (including California) have been diagnosed in returning travelers. Since October 2015, there have been increased numbers of newborns with microcephaly born to mothers in Brazil who were infected with Zika virus while pregnant, but the link between Zika and microcephaly has not yet been definitely proven.

As a precaution, CDC has issued a travel alert for people traveling to areas where Zika virus transmission is ongoing. Pregnant women are advised to consider postponing travel to these areas, and all travelers are advised to take strict precautions to avoid mosquito bites. CDC has also issued guidance for Zika testing and fetal microcephaly evaluation in patients who were pregnant while in areas with ongoing Zika transmission.

#### Clinicians are requested to:

- 1. Counsel pregnant women to consider postponing** travel to areas where Zika virus transmission is ongoing and counsel all travelers to these areas to use strict precautions to avoid mosquito bites.
- 2. Consider Zika testing per CDC guidance.** At this time, asymptomatic individuals will not be tested. Zika testing is indicated only for pregnant women who have recently traveled (within last two weeks) to an area of Zika virus transmission and currently have symptoms of Zika, or if there are findings of unexplained fetal/newborn microcephaly with a history of maternal travel since May 2015.
- 3. Contact the Santa Clara County Public Health Department** if Zika testing is indicated per CDC guidance. Specimens cannot be sent directly to CDC, and testing must be coordinated by the local health department. Contact us by calling 408-885-4214 (press 1, then 3).

Guidelines for Zika are evolving, so these should be considered interim recommendations. For more info, see: CDC: [www.cdc.gov/zika](http://www.cdc.gov/zika) and click on "For Health Care Providers"

CDPH: [www.cdph.ca.gov/HEALTHINFO/DISCOND/Pages/Aedes-albopictus-and-Aedes-aegypti-Mosquitoes.aspx](http://www.cdph.ca.gov/HEALTHINFO/DISCOND/Pages/Aedes-albopictus-and-Aedes-aegypti-Mosquitoes.aspx)

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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.