



Indiana State Department of Health

Indiana Health Alert Network Advisory — February 9, 2016

UPDATED GUIDELINES FOR ZIKA VIRUS EXPOSURE PREVENTION AND MANAGEMENT

The Indiana State Department of Health has identified the first confirmed case of Zika virus infection in an Indiana resident. The patient, who had a mild illness that did not require hospitalization, had a recent history of travel to Haiti. The patient is not a pregnant woman. The local health department has been notified and will be conducting a public health investigation.

Zika virus infection is transmitted primarily through the bite of an infected *Aedes* species mosquito. Most people infected with Zika virus will be asymptomatic; about 20% will have a mild, self-limiting illness characterized by fever, maculopapular rash, arthralgia, and/or conjunctivitis. There have been rare reported cases of Guillain-Barre syndrome following Zika virus infection. There have also been rare reported cases of sexual transmission of Zika virus infection.

The ISDH expects that more Zika virus cases will be identified in travelers returning from countries affected by the epidemic currently occurring in Latin America and the Caribbean. **Zika virus infection should be considered any patient with compatible illness and history of travel to areas with ongoing transmission (<http://www.cdc.gov/zika/geo/index.html>) in the two weeks prior to illness onset.** Local transmission of Zika virus has not been documented in the United States, and the risk of a Zika virus outbreak occurring in Indiana is currently thought to be low.

There is mounting evidence in the present outbreak of an association between Zika virus infection in pregnant women and microcephaly in their infants. The Centers for Disease Control and Prevention (CDC) currently recommends the following for the protection of pregnant women and their babies:

- Pregnant women should postpone travel to countries where Zika virus transmission is occurring.
- If travel is unavoidable, then pregnant women should take rigorous precautions to avoid mosquito bites.
- Health care providers who have patients who are pregnant should ask about travel history to areas where Zika virus infection is occurring and pursue testing for pregnant patients who report a compatible travel history. The optimal time for testing is within 7 days of symptom onset (if symptomatic) or within 2–12 weeks after travel (if asymptomatic).
- Men who have traveled to countries where Zika virus transmission is occurring should abstain or use condoms during sex (oral, anal, or vaginal) if they have a pregnant partner for the duration of that partner's pregnancy.

Testing Patients for Zika Virus Infection

- Please contact Jen Brown, State Public Health Veterinarian, at 317-233-7272 (M-F, 8:15 a.m. - 4:45 p.m) or the ISDH duty officer at 317-233-1325 (outside of business hours) to arrange testing.



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- Specimens will not be accepted without prior authorization from the Indiana State Department of Health. A screening algorithm to select patients for testing is attached and located at <http://in.gov/isdh/26910.htm>.
- Zika virus testing for Indiana residents is currently only available at CDC via the ISDH Laboratories. Guidelines for specimen collection and submission are attached and located at <http://in.gov/isdh/26910.htm>.
- Dengue and chikungunya should be considered as differential diagnoses for patients with illnesses compatible with Zika virus infection. Clinicians are encouraged to submit specimens to commercial laboratories for dengue testing while awaiting Zika testing results. Chikungunya testing will be performed at the CDC.
- Suspected Zika patients should be advised to avoid mosquito exposure for one week by remaining indoors in an air conditioned or screened environment or by wearing EPA-registered insect repellents when outdoors. Male suspected Zika patients should also be advised to abstain or use condoms during sex (oral, vaginal, or anal) until test results are available.

Resources for Health Care Providers and Local Health Departments

ISDH's Zika virus web page: <http://in.gov/isdh/26910.htm>

CDC's travel notices web page: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

CDC Health Advisory: Recognizing, Managing, and Reporting Zika Virus Infections in Travelers Returning from Central America, South America, the Caribbean, and Mexico
<http://emergency.cdc.gov/han/han00385.asp>

UPDATED Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age With Possible Zika Virus Exposure—United States, 2016
http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er_e

Interim Guidelines for Prevention of Sexual Transmission of Zika Virus—United States, 2016
http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e1er.htm?s_cid=mm6505e1.htm_w

Interim Guidelines for the Evaluation and Testing of Infants with Possible Congenital Zika Virus Infection—United States, 2016
http://www.cdc.gov/mmwr/volumes/65/wr/mm6503e3.htm?s_cid=mm6503e3.htm_w



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Zika Virus Specimen Collection and Transport Guidelines Whole Blood/Serum

Specimens:

Both an acute and a convalescent serum specimen are requested. The convalescent serum specimen should be collected 2-3 weeks after the acute draw.

For each specimen:

Submit at least 1 mL of serum in a screw-capped tube. Alternatively, collect at least 3 mL of whole blood in a serum separator or red-top tube (serum separators include tiger top and gold-top tubes). Label the specimen tube with the patient's name (first and last), date of birth, specimen type, and date of collection. Whole blood specimens collected in serum separator tubes may be centrifuged prior to shipping.

Storage:

Once collected, place the specimen at 2-8°C until ready to ship. Hemolyzed specimens will not be accepted or tested. Specimens should be shipped to the ISDH on cold packs within 24-48 hours from the time of collection.

Paperwork:

Complete the CDC request form, ensuring that the patient information on the collection tube matches the information on the form. One form is required per specimen.

Test order name:

Arbovirus Special Study

Please fill out as much patient information as possible in the pdf of the CDC request form. **Patient history, including a brief clinical summary, date of symptom onset, exposure history, and travel history (including dates and countries of travel) are required for specimen submission.** Make sure you include your fax number where the final report can be sent, as this is how results will be conveyed. Once complete, **save your work and print the form.** Include the completed CDC request form in the specimen shipment.

Shipping:

Specimens should be shipped Category B (UN3373 Biological Substances) on cold packs. Wrap the labeled specimen tube with absorbent material and place in a watertight secondary container. Place the watertight secondary container in a rigid outer container. Place the paperwork in the outer container or in a plastic bag before placing in the shipping container.

Specimens should be shipped to arrive at ISDH Monday through Friday.

Our address:

Indiana State Department of Health Laboratories
Attention: Virology Laboratory
550 W. 16th Street, Suite B
Indianapolis, IN 46202

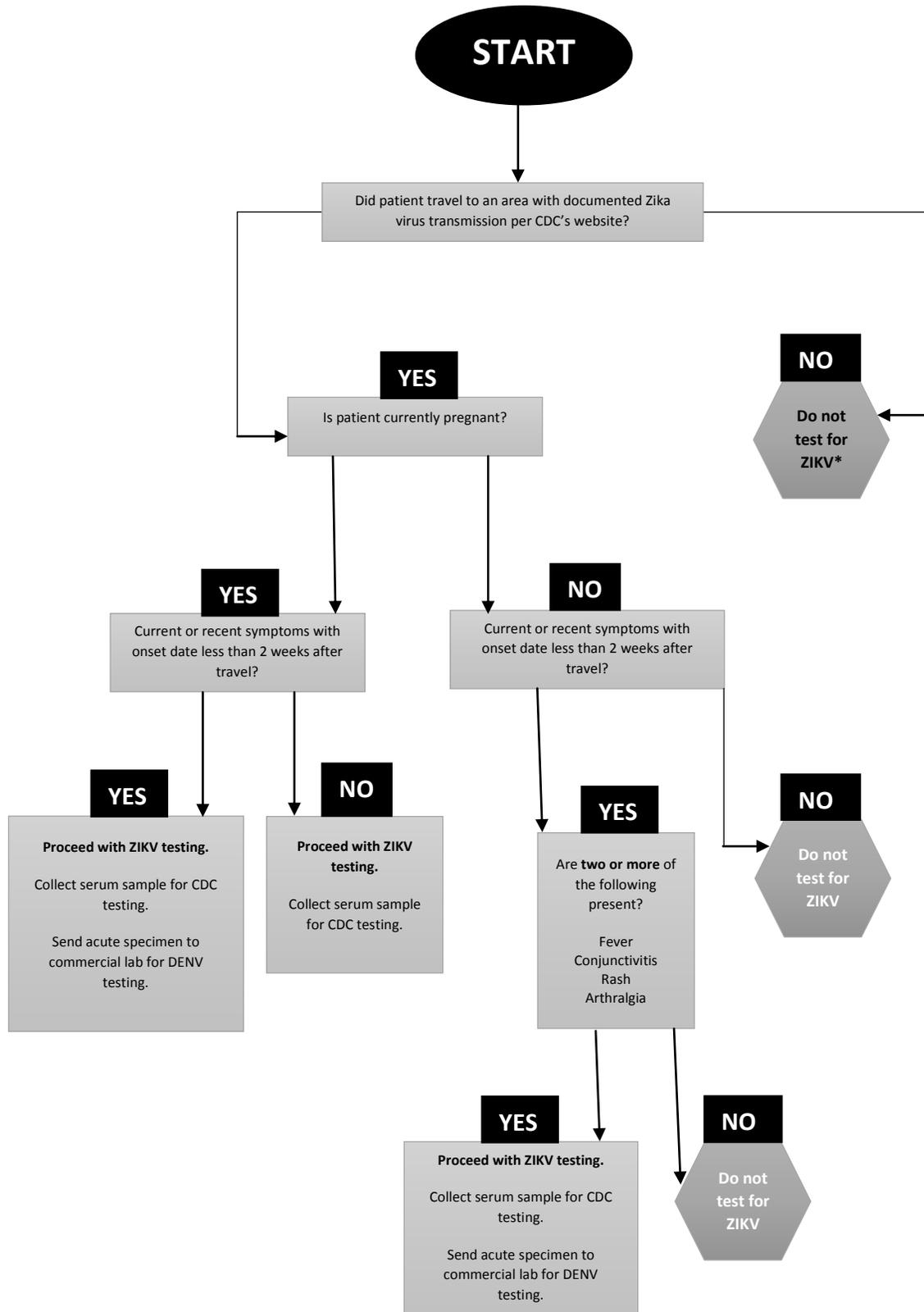
For questions or comments regarding specimen collection, storage, or transport, please contact:

Stephanie Dearth (317)921-5843 [supervisor]



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Authorization of Specimens for Zika Virus (ZIKV) Testing



*Exceptions may be considered if there is epidemiologic evidence of local and/or sexual transmission



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Guidelines for Travelers on Prevention of Zika Virus Infection

Travelers who go to places where Zika virus is present are at risk of becoming infected through mosquito bites. The mosquitoes that spread Zika virus are aggressive daytime biters, prefer to bite people rather than animals, and live both indoors and outdoors. They can also bite at night.

The Centers for Disease Control and Prevention (CDC) has issued a travel notice (Level 2 alert, “practice enhanced precautions”) for people traveling to certain destinations where Zika virus transmission is ongoing. An up-to-date list can be found on CDC’s Zika Travel Information page:

(<http://wwwnc.cdc.gov/travel/page/zika-travel-information>)

Until more is known, CDC recommends the following:

- **Pregnant women**
 - Consider postponing travel to any area where Zika virus is spreading.
 - If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to avoid mosquito bites during the trip.
 - If you have a male partner who lives in or has traveled to an area where Zika is spreading, either abstain from sex or use condoms for the duration of your pregnancy.
- **Women trying to become pregnant**
 - Before you or your male partner travel, talk to your healthcare provider about your plans to become pregnant and the risk of Zika virus infection.
 - You and your male partner should strictly follow steps to prevent mosquito bites during the trip.
- **Men who have pregnant sex partners**
 - Men who live or are traveling in an area with active Zika virus transmission should take steps to prevent mosquito bites.
 - You and your partner should abstain from sex or use condoms consistently and correctly for the duration of your partner’s pregnancy.

The best way to avoid Zika virus infection while traveling is to prevent mosquito bites. Here’s how:

- Wear long-sleeved shirts and long pants to reduce the amount of exposed skin.
- Stay in places with air conditioning or that have window and door screens to keep mosquitoes outside. Sleep under a mosquito bed net if these accommodations are not available.
- Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are proven safe for pregnant and breastfeeding women.
 - Look for products containing DEET, picaridin, oil of lemon eucalyptus, and IR3535 as the active ingredients.
 - Always follow the product label instructions and reapply as directed.
 - If you are using sunscreen, apply sunscreen before applying insect repellent.
- Treat clothing and gear with permethrin or buy permethrin-treated items.
 - Do NOT use permethrin products directly on skin. They are intended to treat clothing.