CDC's Response to **Zika**

KEY ZIKA CONSIDERATIONS FOR HEALTHCARE SETTINGS

Background

Zika is a mosquito-borne disease that is currently spreading throughout many countries and territories, including a small area in the continental United States. CDC recommends that healthcare systems (including urgent care, hospitals, physician offices, etc.) prepare for patients seeking a diagnosis and /or symptom management.

CDC continues to evaluate cases of Zika in the United States and US territories and updates guidance as new information becomes available. For more information, visit CDC's Zika website (www.cdc.gov/zika/index.html).

Purpose

In order to prepare for Zika patients coming to your clinics, hospital, or physicians' offices, healthcare systems leaders should ensure the following:

1. **Healthcare providers** should know the clinical manifestation of Zika virus infection and how to access information about areas with active transmission. Clinicians should be able to assess for risk factors and exposures* to Zika virus when evaluating patients. It is important that providers are aware that people with Zika virus infection can be asymptomatic or mildly symptomatic, and therefore providers should consider Zika virus disease in the differential diagnosis for patients with appropriate risk factors.
2. **Healthcare providers** should assess all pregnant women for possible Zika virus exposure* and evaluate for signs and symptoms of Zika virus disease at every clinical encounter. Testing may be indicated. (Updated Interim Pregnancy Guidance Testing Algorithm: www.cdc.gov/zika/pdfs/testing_algorithm.pdf) The Zika Pregnancy Hotline can be accessed by clinicians for questions; call 770-488-7100 and ask for the Pregnancy Hotline.
3. H**ealthcare providers** should advise pregnant women about how to prevent sexual transmission of Zika during pregnancy. (www.cdc.gov/zika/prevention/protect-yourself-during-sex.html)
4. **Discuss preventive measures** with patients and families. Provide materials with information about risk factors to encourage the use of mosquito bite prevention actions. Patients should protect themselves from mosquito bites for 3 weeks post exposure to prevent further spread of the virus. Emphasize risks to families and household contacts as these are at the greatest risk for human-mosquito-human transmission.
5. **All healthcare personnel** should follow Standard Precautions for all patient care (www.cdc.gov/hicpac/pdf/isolation/Isolation2007.pdf).
6. **Healthcare providers** caring for pregnant women should be aware of the requirement for Standard Precautions to be used for labor and delivery care. (www.cdc.gov/mmwr/volumes/65/wr/mm6511e3.htm)
7. **Internal and external hospital websites** should include a link to (www.cdc.gov/zika/index.html) CDC's Zika website to ensure that all staff have access to the most up-to-date guidance and other training and clinical resources.
8. **Appropriate healthcare staff** should report suspected cases to state or local health departments to facilitate diagnosis.
9. **Healthcare personnel** should report all pregnant women with laboratory evidence of possible Zika virus infection, with or without symptoms, as well as infants born to these women, to state, tribal, territorial, or local health department officials for enrollment in the US Zika Pregnancy Registry (www.cdc.gov/zika/hc-providers/registry.html).

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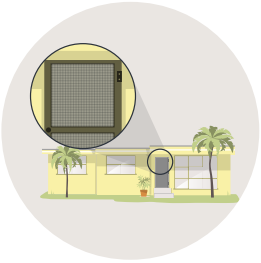
Other Considerations

Healthcare systems, urgent care centers, and physician's offices are among the places where patients and visitors expect to see and hear health information. CDC recommends that easy-to-understand educational materials be widely available within healthcare systems for all providers, employees, patients, families, and visitors. **These materials should:**

Encourage pregnant women to avoid travel to areas with Zika and to take steps to prevent mosquito bites.

Wear long-sleeved shirts and long pants.



Stay in places with air conditioning and window and door screens to keep mosquitoes outside.

Treat clothing and gear with permethrin or buy pre-treated items.

Take steps to prevent getting Zika through sex (i.e., use a condom or other barrier against infection).

Encourage patients to contact their healthcare provider if they have other questions about Zika.

Encourage patients and family members to practice simple but effective measures to control mosquitoes at home.

Reducing larval development sites by dumping out small water containers and covering larger water containers are easy ways to reduce the number of mosquitoes around the home. www.cdc.gov/zika/vector/index.html

Additional information can be found at: www.cdc.gov/zika/hc-providers/index.html

*Exposure includes travel to an area with Zika and sex without a condom or other barrier protection with a partner who lives in or has traveled to an area with Zika.