

## *Zika Process*

### *Someone comes in or calls the HD asking about Zika testing. What is the process?*

#### **1). Fill out the Zika Triage Information form (Page 2).**

- ❖ For symptomatic patients, counsel the patient to minimize their exposure to mosquitoes here to reduce the risk of local transmission for 3 weeks after illness onset. When indoors, patients should ensure that doors and windows are kept closed and that there are no holes in door and window screens. When outdoors, patients should wear long sleeved shirts and pants and use mosquito repellent containing 20-30% DEET on exposed skin. Due to warm winter temperatures, this guidance should be given year-round in Georgia.

#### **2). Send form to District Office**

E-mail: Robin.dhonau1@dph.ga.gov; David.Donelson@dph.ga.gov;

Constance.Martin@dph.ga.gov

Fax: 770-535-5848

#### **3). AFTER patient has been approved for testing:**

- a. Have the patient return to the HD if they are not still present (Some counties may require an appointment while others do not for this).
- b. Testing will consist of collecting 0.5mL-1mL serum (possibly in two separate tubes) and 1mL urine (Actual specimens will depend on what type of testing is approved for patient based on symptoms or exposure dates).
- c. Enter Zika testing under Labs in patient record in VHN. In drop down menu it is listed as Test for Zika and the code is Zika. Please enter in lab for each specimen drawn and test performed.
- d. GPHL and/or CDC forms will be sent to you to send with the specimens.
- e. If a shipping label is needed, please let District Office know and we will get one from state.
- f. Ship specimens refrigerated (on ice packs) to GPHL overnight Monday-Thursday. Do not send on a Friday as GPHL is closed on the weekend.

#### **4). Results will be called in to you when they are received in order for you to contact the patient. Actual lab results are not sent to us but can be provided if you would like a copy for patient records.**

- ❖ Please provide the district office with the name and contact information for who to give the results to in your HD.

## **Zika Triage Information**

### **Patient Information**

Patient name: \_\_\_\_\_ M / F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone number: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_

Pregnant? Y / N

How far along? \_\_\_\_\_ (weeks) or EDD \_\_\_\_\_ or LMP \_\_\_\_\_

Race/Ethnicity: \_\_\_\_\_

Travel dates and location:

\_\_\_\_\_

Partner travel dates and location:

\_\_\_\_\_

Last date of unprotected sexual contact with partner: \_\_\_\_/\_\_\_\_/\_\_\_\_

Symptoms & Onset Date: \_\_\_\_\_ or Asymptomatic, pregnant

Fever Y / N

Maculopapular rash Y / N

Joint pain Y / N

Conjunctivitis Y / N

Other symptoms:

\_\_\_\_\_

Date of lab collection: \_\_\_\_\_

Lab(s) collected: Serum PCR (red or tiger top) ☐ Serum IgM (red or tiger top) ☐ Urine PCR ☐

**-Please keep all collected samples refrigerated-**

### **Healthcare Provider Information**

Contact name: \_\_\_\_\_

Facility name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Fax number: \_\_\_\_\_

Ordering Physician: \_\_\_\_\_

### **Notes:**

# 2017 Zika Virus Info for District 2 Nurses

As we prepare for Zika in Georgia, this packet can help in deciding when and how to test for Zika and what information to provide to patients.

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## Quick Facts:

- ❖ Zika virus is transmitted by two types of mosquitoes, *aedes aegypti* and *albopictus*, both of which are common in Georgia.
- ❖ Zika virus is also transmitted sexually (vaginal, anal, oral, or sharing of sex toys).
- ❖ About 80% of those infected with Zika virus will not be symptomatic.
- ❖ All testing must be approved by district or state level public health.

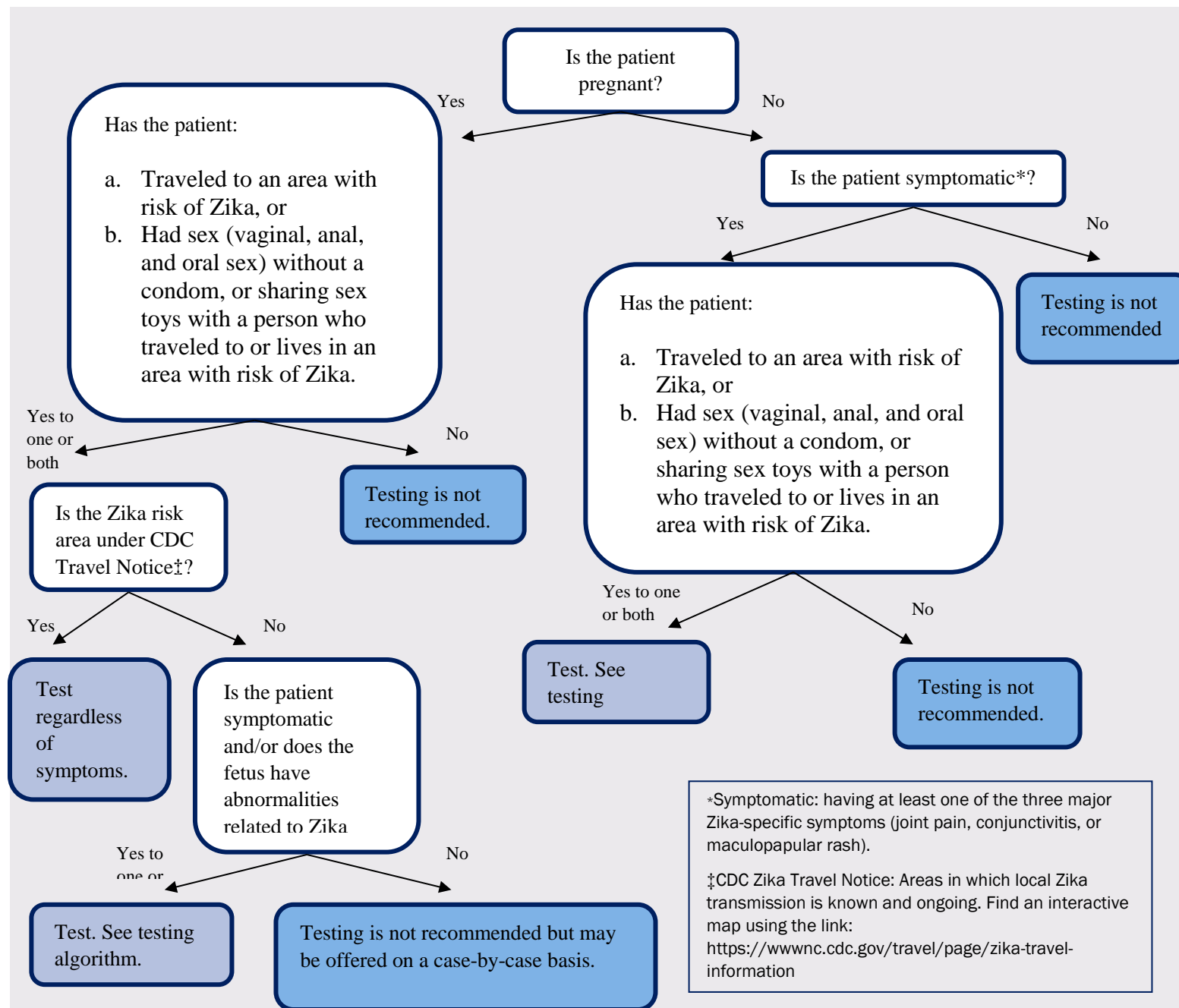
## Terms:

- ❖ Symptomatic: having at least one of the three major Zika-specific symptoms (joint pain, conjunctivitis, or maculopapular rash).
- ❖ CDC Zika Travel Notice: Areas in which local Zika transmission is known and ongoing. Find an interactive map using the link: <https://wwwnc.cdc.gov/travel/page/zika-travel-information>

# Z I K A

Screening  
algorithm  
for health  
care  
providers

*District 2  
Public  
Health  
2017*



# Local Transmission Guide 2017

## When to suspect local transmission:

A household member of a confirmed travel-associated case presents with symptoms

A sexual partner of a confirmed travel-associated case presents with symptoms

An increase of unusual clusters of rash illness and symptoms of Zika within the cluster are present.

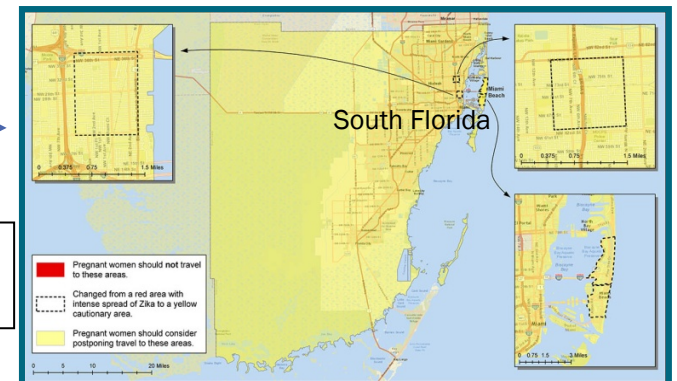
Reason for concern if there is a confirmed travel associated case in the area

## What to do if local transmission is suspected:

Notify your district epidemiologist (District 2: Robin Dhonau).

Previous Local Transmission in the U.S.

There are special circumstances in which a symptomatic, non- travel associated case that is not pregnant may be tested. Prompt notification will be essential in identifying any true local transmissions.



# Recommendations for Zika Prevention

Mosquito avoidance and practicing safe sex are the two best ways to prevent the spread of Zika virus

## Mosquito Bite Prevention

Use and EPA approved insect repellent with one of the following as an active ingredient:

### Active ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)

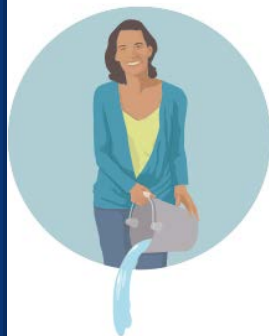
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Wear protective clothing (lightweight, long sleeves, long pants, socks).



Tip and toss all standing water weekly (tires, bird baths, pool covers, gutters, etc.).



Ensure all screens on windows and doors are snug and use air conditioning when possible. Use mosquito nets if screens are not secure or damaged until repair is made.

## Safe Sex Practices

Zika can be spread through sexual contact, even in committed relationships. A person can spread Zika even when he/she does not have symptoms.

Use a condom during sexual intercourse (vaginal, anal, oral, or sharing of sex toys)



### Women:

Can spread Zika virus up to **8 weeks** after symptoms start and should use condoms for the whole 8 weeks.

### Men:

Can spread Zika virus up to **6 months** after symptoms start and should use condoms for the whole 6 months. If your partner is pregnant, use condoms for the entire pregnancy.

### Pregnant Women:

Can spread Zika virus to her fetus during pregnancy and should avoid traveling to areas affected by Zika and having unprotected sex.

## FOR MEN: A POSITIVE ZIKA VIRUS TEST

### What does it mean for me?

You've just learned from your doctor or healthcare provider that you have a positive Zika test result, which means that you have Zika virus. Zika is spread through mosquito bites and through sex, from a person who has Zika to sex partners. You should protect yourself from mosquito bites to prevent spreading Zika to others through mosquitoes. You should use condoms correctly every time you have sex or do not have sex to prevent sexual transmission. If your partner is pregnant, use condoms or don't have sex during the pregnancy.



**EVERYONE WHO HAS ZIKA SHOULD TAKE STEPS TO PROTECT THEMSELVES AND OTHERS. THIS FACT SHEET EXPLAINS WHAT TO DO.**

### How can I treat the symptoms of Zika?

There is no specific medicine or vaccine for Zika. If you have symptoms, they will probably be mild and last a few days to a week. You can treat the symptoms by getting plenty of rest, drinking fluids to prevent dehydration, and taking medicine such as acetaminophen (Tylenol®) to reduce fever and pain.

Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding. If you are taking medicine for another medical condition, talk to your doctor or healthcare provider before taking additional medicines.



### How can I prevent spreading Zika to others

Zika virus is spread to people primarily through mosquito bites. It can also be spread through sex from a person who has Zika to his or her partners. Sex includes vaginal, anal, oral sex, and the sharing of sex toys.

#### Protect yourself from mosquito bites

During the first week of infection, Zika virus is in a person's blood. The virus is passed from an infected person to a mosquito through mosquito bites. A mosquito can then spread the virus to other people. To help prevent other people from getting sick, strictly follow steps to prevent mosquito bites during the first week of infection.

- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellent containing active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or menthane-diol.
- Wear long-sleeved shirts and long pants and stay indoors with air conditioning as much as possible.



### Prevent spreading Zika through sex

Zika can be passed through sex from a person who has Zika to sex partners. To prevent spreading Zika to your partner:

- Use a condom correctly every time you have vaginal, anal, or oral (mouth-to-penis) sex or do not have sex for at least 6 months after your symptoms started.
- Not having sex eliminates your risk of passing Zika from sex.

### What should I do if my partner is pregnant?

A man infected with Zika can spread Zika virus during sex with a pregnant woman, and the virus can pass to her fetus. The fetus can develop a serious birth defect of the brain called microcephaly and other severe brain defects. If you have a pregnant partner, use condoms correctly every time you have vaginal, anal, and oral (mouth-to-penis) sex or do not have sex during the pregnancy.



### What should I do if my partner and I are thinking about getting pregnant?

Wait at least 6 months after your symptoms started before trying to get your partner pregnant.

### Am I protected from future infections?

Once you have been infected with Zika virus, you are likely to be protected from future infections.



CDC's Response to **Zika**

## For Pregnant Women: A Positive Zika Virus Test

### What does it mean for me?



CDC understands that pregnant women may be worried and have questions about Zika virus. A positive test result might cause concerns, but it doesn't mean your baby will have birth defects. Learn more about what you might expect for your pregnancy if you get a positive test result for Zika.



### I tested positive. What happens next?

If you get a positive test result for Zika during pregnancy, it signals to your doctor or other healthcare provider to watch your pregnancy more carefully. CDC recommends steps your doctor can take to help care for you during your pregnancy. Your doctor or other healthcare provider might do more ultrasounds or other tests to check the growth and development of your fetus and to look for signs of Zika virus infection during your pregnancy.

### What are ultrasounds?

Ultrasounds are a safe and routine way for doctors or other healthcare providers to see the fetus during pregnancy. An ultrasound is usually done between 18-20 weeks of pregnancy as part of normal care. Extra ultrasounds are sometimes done later in pregnancy when doctors need more information about the fetus.

### Does Zika virus cause microcephaly or other problems for the fetus?

Recently, researchers concluded that Zika virus infection during pregnancy can cause microcephaly and other severe brain defects. They are working quickly to study the full range of other potential health problems that Zika virus infection during pregnancy may cause.

### Does a positive Zika virus test mean my baby will have birth defects?

Studies reported that some, but not all, babies born to women with positive Zika test results during pregnancy were born with microcephaly and other problems. At this time, we don't know how often a baby will have microcephaly or other problems if a woman is infected with Zika while she is pregnant. Your doctor or other healthcare provider will watch your pregnancy more closely if you have a positive Zika virus test.

### How will my doctor or other healthcare provider know if my baby has microcephaly?

Your doctor or other healthcare provider will use ultrasound screening to look for microcephaly and other birth defects during your pregnancy. Ultrasounds can show some, but not all, problems with your baby's development during pregnancy. For example, microcephaly can sometimes be seen on the 18-20 week ultrasound but is more commonly detected later in the second trimester or early in the third trimester. To look for problems after birth, your baby's doctor will perform a careful physical exam of your baby, recommend routine hearing screening, and follow up with more exams and tests as needed.

[www.cdc.gov/zika](http://www.cdc.gov/zika)

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U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## FOR WOMEN: A POSITIVE ZIKA VIRUS TEST

### What does it mean for me?

You've just learned from your doctor or healthcare provider that you have a positive Zika test result, which means that you have Zika virus. While you have Zika, you can pass it to your sex partner(s) and if you are pregnant you can pass it to a developing fetus. You can also pass it to mosquitoes, which can bite you, get infected with Zika virus, and spread the virus to other people. If you and your partner are thinking about getting pregnant, you should wait at least 8 weeks after symptoms started.



**EVERYONE WHO HAS ZIKA SHOULD TAKE STEPS TO PROTECT THEMSELVES AND OTHERS. THIS FACT SHEET EXPLAINS WHAT TO DO.**

### How can I treat the symptoms of Zika?

There is no specific medicine or vaccine for Zika. If you have symptoms, they will probably be mild and only last a few days to a week. You can treat the symptoms by getting plenty of rest, drinking fluids to prevent dehydration, and taking medicine such as acetaminophen (Tylenol®) to reduce fever and pain.

Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding. If you are taking medicine for another medical condition, talk to your doctor or other healthcare provider before taking additional medicines.



### How can I prevent spreading Zika to others? Protect yourself from mosquito bites

Zika virus is spread to people primarily through mosquito bites. During the first week of infection, Zika virus is in a person's blood. The virus can be passed from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of your illness.

- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.
- Wear long-sleeved shirts and long pants and stay indoors with air conditioning as much as possible.



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**Zika can also be spread to partners during sex. This includes vaginal, anal, and oral sex, and the sharing of sex toys.**

- Use male or female condoms every time you have sex, from start to finish, for at least 8 weeks after your symptoms started.
- If your partner is pregnant, these precautions should be taken throughout her entire pregnancy.

### What should I do if I am thinking about getting pregnant?

If you are thinking about having a baby, wait at least 8 weeks after your symptoms started before trying to get pregnant.

### What should I do if I do not want to get pregnant?

If you do not want to get pregnant, work with your doctor or other healthcare provider to find a birth control method that is safe, effective, and works for you and your lifestyle. Condoms are the only method that can protect against both pregnancy and the spread of Zika to sex partners.

### Will infection with Zika affect my future pregnancies?

Currently, there is no evidence to suggest that past Zika virus infection poses an increased risk of birth defects for future pregnancies. If you decide to have a baby in the future, talk to your doctor or other healthcare provider about planning your pregnancy.

### Am I protected from future infections?

Once you have been infected with Zika virus, you are likely to be protected from future infections.



[www.cdc.gov/zika](http://www.cdc.gov/zika)