

Prevention Key Messages

- 1) **Fight the Bite:** Use insect repellants regularly, wear long sleeves/pants, treat clothes with permethrin, and keep mosquitoes out of homes with screens and/or air conditioning.
- 2) **Drain and Cover:** Drain standing water from all containers (tires, planters, toys, trash, etc.) on your property; cover such potential breeding spots to keep them dry in the future.
- 3) **Protect pregnant women:** Pregnant women should 1) avoid travel to areas with active Zika virus transmission throughout their pregnancy. **As of August 19th, CDC updated guidance expanding the area of concern in Florida: “Pregnant women and partners of pregnant women who are concerned about potential Zika virus exposure may consider postponing nonessential travel to all parts of Miami-Dade County.”** Pregnant women with a sex partner who has traveled to or lives in an area with active Zika virus transmission should use condoms or other barrier methods to prevent infection or abstain from sex for the duration of the pregnancy.

Geographic Spread

Affected Countries (Source: WHO - <http://www.who.int/emergencies/zika-virus/en>)
 Zika Virus Disease: **72** current countries/territories
 Microcephaly/other CNS malformations (potentially Zika associated, suggestive of congenital infection): **20** countries/territories
 Guillain-Barré Syndrome (Zika associated): **18** countries or territories have reported an increased incidence of GBS and/or laboratory confirmation of a Zika virus infection among GBS cases
 For the latest CDC listing of countries with local transmission of Zika virus click here:
<http://wwwnc.cdc.gov/travel/page/zika-travel-information>
 For a map listing of travel advisories click here:
<http://tdh.maps.arcgis.com/apps/MapJournal/index.html?appid=98adb8b0e81e4b26bb23ae5d4fd9ab02>

<p>United States Sources: CDC - http://www.cdc.gov/zika/geo/united-states.html, http://www.cdc.gov/zika/geo/pregwomenscases.html, https://www.cdc.gov/zika/geo/pregnancy-outcomes.html, http://www.floridahealth.gov</p> <p>Zika Virus Disease in US States:</p> <ul style="list-style-type: none"> • 3,132 travel related cases • 79 locally acquired (Miami-Dade County) • 26 sexually transmitted • 8 Guillain-Barré syndrome • 731 pregnant women • 18 liveborn infants with birth defects • 5 pregnancy losses with birth defects 	<p>Zika Virus Disease in US Territories:</p> <ul style="list-style-type: none"> • 65 travel related cases • 17,629 locally acquired • 34 Guillain-Barré syndrome • 1,156 pregnant women • 1 liveborn infants with birth defects • 1 pregnancy losses with birth defects
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Tennessee (Source: TDH - <http://tn.gov/health/topic/zika-virus>)
 Zika Virus Disease: **45** laboratory-confirmed travel-related cases (0 pregnant women), **5** probable travel-related case (1 pregnant woman), 0 locally acquired
 Microcephaly: 0 Zika related, approximately 50/yr baseline

TDH Testing and Prevention Messaging Guidance

Zika Virus Testing Authorization Decision Tree – Used for determining whether or not testing is authorized by TDH, and for data collection. Click here: <https://apps.health.tn.gov/ReportableDiseases/Disease/Zika/TDH%20Zika%20Decision%20Tree.pdf>

Zika Guidance for Regional Health Officers – Includes testing authorization information for specific subsets of the population (pregnant women, newborns, infants with suspected microcephaly), mosquito avoidance messaging, prevention of sexual transmission, and specific information about laboratory specimen collection. This document is updated as necessary when changes are made to CDC Guidance. Click here: <https://apps.health.tn.gov/ReportableDiseases/Disease/Zika/Guidance%20for%20RHOs.pdf>

CDC Guidance for Pregnant Women

(Source: CDC - <http://www.cdc.gov/zika/pregnancy/index.html>)

All pregnant women in the United States and U.S. territories should be assessed for possible Zika virus exposure at each prenatal care visit. CDC recommends that pregnant women not travel to an area with active Zika virus transmission. **Pregnant women and**

2016 Zika Virus Disease

Tennessee Department of Health (TDH)

Communicable and Environmental Diseases & Emergency Preparedness (CEDEP)

partners of pregnant women who are concerned about potential Zika virus exposure may consider postponing nonessential travel to all parts of Miami-Dade County. Pregnant women who must travel to one of these areas should strictly follow steps to prevent mosquito bites during the trip. In addition, it is recommended that pregnant women with a sex partner who has traveled to or lives in an area with active Zika virus transmission use condoms or other barrier methods to prevent infection or abstain from sex for the duration of the pregnancy.

Prevention of Sexual Transmission of Zika

(Source: CDC - <http://www.cdc.gov/zika/transmission/sexual-transmission.html>; <http://www.cdc.gov/mmwr/volumes/65/wr/pdfs/mm6529e2.pdf>.)

Quick Reference:

- Pregnant with sexual partner exposed – no unprotected sex for duration of pregnancy
- Male partner infected – no unprotected sex for 6 months
- Female partner infected – no unprotected sex for 8 weeks
- Male or Female partner exposed – no unprotected sex for 8 weeks

Full Reference:

Couples in which a woman is pregnant

- Couples in which a woman is pregnant should use barrier methods against infection consistently and correctly or abstain from sex for the duration of the pregnancy.

Couples who are not pregnant and are not planning to become pregnant*

- Couples in which a partner had confirmed Zika virus infection or clinical illness consistent with Zika virus disease should consider using barrier methods against infection consistently and correctly or abstain from sex as follows:
 - Men with Zika virus infection for at least 6 months after onset of illness;
 - Women with Zika virus infection for at least 8 weeks after onset of illness.
- Couples in areas without active Zika transmission in which one partner traveled to or resides in an area with active Zika virus transmission but did not develop symptoms of Zika virus disease should consider using barrier methods against infection or abstaining from sex for at least 8 weeks after that partner departed the Zika-affected area.
- Couples who reside in an area with active Zika virus transmission might consider using barrier methods against infection or abstaining from sex while active transmission persists

*Couples who do not desire pregnancy should use the most effective contraceptive methods that can be used correctly and consistently in addition to barrier methods to protect against infections, such as condoms, which reduce the risk for both sexual transmission of Zika and other sexually transmitted infections. Couples planning conception might have multiple factors to consider, which are discussed in more detail in the following: Petersen EE, Polen KN, Meaney-Delman D, et al. Update: interim guidance for health care providers caring for women of reproductive age with possible Zika virus exposure—United States, 2016. MMWR Morb Mortal Wkly Rep 2016;65:315–22.