

## Zika Virus

Zika (a mosquito-borne flavivirus similar to arbovirus dengue fever carried by the same species, *Aedes aegypti* which carries yellow fever) is classified by the Centers for Disease Control and Prevention (CDC) as *Level 1*, just as Hurricane Katrina (2005), Ebola (2014), Anthrax (2002), and Influenza A subtype H1N1 (2008) were.

Transmission of Zika is primarily through mosquito bite. The virus can also be transmitted from a pregnant woman to her fetus and through sex whether or not a person is exhibiting symptoms. Infection during pregnancy has been shown to cause microcephaly and other birth defects. Zika is also a trigger for Guillain-Barre Syndrome, a neurological disorder leading to paralysis and sometimes death.

## Congenital Zika Syndrome

Information from CDC defines Congenital Zika Syndrome as a pattern of birth defects found among fetuses and babies infected with Zika virus during pregnancy. Congenital Zika Syndrome is described by the following five features:

- Severe microcephaly where the skull has partially collapsed
- Decreased brain tissue with a specific pattern of brain damage
- Damage to the back of the eye
- Joints with limited range of motion, such as congenital talipes equinovarus
- Too much muscle tone restricting body movement soon after birth

Not all babies born with congenital Zika infection will have every one of these problems. Some infants with congenital Zika virus infection who do not have microcephaly at birth may later experience slowed head growth and develop postnatal microcephaly. Cognitive effects later in life will require observation and monitoring and is an area of active research.

## Travel Restrictions

Pregnant women should not travel to any area where there is a risk of Zika virus infection. The CDC has published an interactive map showing areas with Zika risk (<https://wwwnc.cdc.gov/travel/page/zika-travel-information>). In the continental United States, the highest risk occurs in Brownsville, Texas, and South Florida. These areas are considered relatively lower risk areas as compared to Mexico, Puerto Rico, Cuba, South America, and Central America. There is also significant risk in Africa, India, and most tropical Asian islands. Anyone who is pregnant or considering becoming pregnant should review this map prior to making travel plans. Women who have travelled to an area with known Zika infection should not engage in unprotected sexual activity for 8 weeks. Men should only engage in sexual activity with a condom for at least 6 months upon returning from a known area of infection.

## Zika in Nevada

As of May 3, 2017, there have been 22 symptomatic Nevada cases of Zika since 2015. The first known case was confirmed in March of 2016.

Nevada Title V Maternal Child Health (MCH) Program is promoting Zika resources such as provider guidelines for treatment, travel warnings, general public guidelines for travel, and incidences of occurrence.

The following links provide Nevada MCH populations Zika resources:

**Nevada Department of Public and Behavioral Health (DPBH)**

[http://dpbh.nv.gov/Programs/OPHIE/dta/Hot\\_Topics/Hot\\_Topics/](http://dpbh.nv.gov/Programs/OPHIE/dta/Hot_Topics/Hot_Topics/)

**Nevada Maternal, Child and Adolescent Health Program Zika Resources**

[http://dpbh.nv.gov/Programs/Maternal, Child and Adolescent Health \(MCH\)/](http://dpbh.nv.gov/Programs/Maternal, Child and Adolescent Health (MCH)/)

**Southern Nevada Health District**

<http://www.southernnevadahealthdistrict.org/zika/index.php>

- **NEW Web resource** “[For Parents: Roadmap for Parents of Babies with Congenital Zika Syndrome](#)” :

Babies with congenital Zika syndrome may experience different health problems as they develop, but it’s difficult to know how Zika virus infection will affect each baby. This newly developed roadmap is designed as a guide to help parents of babies with birth defects related to congenital Zika infection navigate the series of screenings and tests recommended during their baby’s first year of life. By using this roadmap, parents can actively keep track of their baby’s medical appointments and stay in tune with their healthcare needs.

- **NEW Web resource** “[For Parents: Roadmap for Parents of Babies Infected with Zika Before Birth Who Appear Healthy](#)”:

This roadmap is meant to help parents whose babies were infected with Zika before birth and appear healthy with navigating the series of screenings and tests recommended during their baby’s first year of life. By using this roadmap, parents can actively keep track of their baby’s medical appointments and healthcare needs and help ensure that they receive the care they need.

- **NEW Web resource** “[Implementing CDC Guidance for Infant Neuroimaging and Infant and Placental Zika Virus Testing](#)”:

This resource assists healthcare providers with implementing CDC guidance for infant neuroimaging and infant and placental Zika virus testing. The tool organizes CDC recommendations for evaluating infants with possible congenital Zika exposure by maternal Zika virus exposure status and maternal laboratory test results. CDC is committed to providing recommendations based on the most current evidence, and will update this tool as new information becomes available. Visit CDC’s [Healthcare Providers](#) page to easily print and download.

- **UPDATED Web resource** “[Travel Counseling Guide](#)”:

This tool, meant to counsel travelers who are considering travel to [areas with risk of Zika](#), has been updated to reflect CDC’s new travel guidance. This guide provides recommendations for providers counseling women and men of reproductive age who are considering travel to areas with risk of Zika. This material includes recommendations from CDC’s interim guidance and talking points to cover while discussing recommendations.

- **Key Messages – Zika Virus; as of May 17, 2017:** Updated key messages are available online in [English](#), [universal Spanish](#), [Portuguese](#), and [Puerto Rican Spanish](#). Updated information is in blue.
- **HHS blog** “*Zika and Pregnancy: Protecting Babies, Protecting Yourself*” written by CDC’s Margaret Honein, Birth Defects Branch Chief with NCBDDD and Co-lead of the Pregnancy and Birth Defects Task Force with CDC’s Zika response. You can read the blog here: <https://www.hhs.gov/blog/2017/05/15/zika-and-pregnancy-protecting-babies-protecting-yourself.html>. The blog highlights the current Zika data and steps for prevention during pregnancy.