

**VDH Zika Virus (Zika) Checklist for Clinicians:  
A-Z Guide for Zika Prevention and Caring for Persons with Possible Zika Virus Disease or Infection**

\*Includes Hyperlinks to Fact Sheets and Handouts on Zika

***What is known about Zika changes frequently; check the [CDC Zika website](#) and [VDH Zika website](#) regularly to look for the most up-to-date information.***

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### **1. General Information on Zika Infection**

- VDH [Zika FAQ's for Clinicians](#)
- CDC [Zika Key Messages](#)
- [Zika Fact Sheets for Clinicians](#)
- Patient Handouts:**
  - [Zika: What You Need to Know](#)
  - [Zika: What We Know and What We Don't Know](#) (also available in [Spanish](#))
  - [Zika—What Can Be Done?](#)
  - [Zika Basics](#) (also available in [Spanish](#), [Chinese](#), [Vietnamese](#), [Creole](#), and [Tongan](#))
  - VDH [Fact Sheet on Zika](#)

### **2. Educating Patients on Ways to Prevent Exposure to Zika Virus**

- Plan for travel
  - Check CDC [Zika travel information](#) for travelers to international destinations and US territories
  - Check CDC [areas with risk of Zika](#) for Zika in US states
- Avoid Mosquito Bites
  - [Avoid mosquito bites](#) while traveling
  - [Avoid mosquito bites](#) after returning to Virginia for 3 weeks or, if the person develops symptoms, for 1 week after developing symptoms. The mosquito season in Virginia is from May 1<sup>st</sup> through October 31<sup>st</sup>. Local mosquitoes may become infected with Zika after biting an infected person that has returned to Virginia and then transmit Zika virus to another individual that is bitten.
- Avoid sex or use barrier protection (e.g., condoms) with sexual partners who may have been exposed to Zika virus. Exposure to Zika virus can include:
  - Lives in or travel to an [area with risk of Zika](#), or
  - Sex (includes vaginal, anal, and oral sex and the sharing of sex toys) without a condom with someone who lives in or traveled to an [area with risk of Zika](#)
- [Eliminate mosquito breeding areas](#) outside and inside your home
- [Healthcare Print Resources](#)
- [Patient Handouts:](#)

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- [Zika Basics](#)
- [Zika and Pregnancy](#)
- [Sexual Transmission](#)
- [US Zika Pregnancy Registry](#)
- [Zika Testing](#)
- [Mosquito Bite Prevention](#)
- [Mosquito Control](#)
- [Travel](#)
- [Health Care](#)

### **3. Guidance for Pregnant Women**

- Pregnant women should avoid travel to [areas with risk of Zika](#) and should consider postponing travel to [yellow cautionary areas in the United States](#)
- If a pregnant women cannot avoid travel to an [area with risk of Zika](#), she should [plan for her travel](#) by [preventing mosquito bites](#) and [protecting herself during sex](#). After returning from travel, a pregnant woman should continue to [prevent mosquito bites](#), and talk to her healthcare provider after travel to an [area with risk of Zika](#) while pregnant even if she does not develop symptoms.
- If a pregnant woman's sexual partner traveled to or resided in an [area with risk of Zika](#), they should [correctly and consistently use condoms or abstain from sex for the duration of pregnancy](#)
- [Handouts for Pregnant Women](#)

### **4. U.S. Zika Pregnancy Registry**

- To understand more about Zika virus infection during pregnancy and congenital Zika virus infections, CDC has established the U.S. [Zika Pregnancy Registry](#)
- Pregnant women with any laboratory evidence of Zika virus infection (i.e., positive or inconclusive test results regardless of whether they have symptoms) and their infants are eligible for enrollment.
- [Local health departments in Virginia](#) will be reaching out to healthcare providers caring for these pregnant women and their infants to request additional information
- [Pregnancy Registry Fact Sheets for Healthcare Providers, Patients, Parents, and Health Departments](#)

### **5. Zika Testing Algorithms and Laboratory Instructions**

- [Private labs that conduct Zika virus testing](#)
- [VDH' Zika Testing Algorithm](#) for public health testing criteria
- Virginia's [Instructions for Laboratory Specimens](#) for Zika virus Testing
- CDC [Guidance for US Laboratories Testing for Zika Virus Infection](#)
- Testing at birth or placental/fetal tissue testing
  - [Collecting & Submitting Specimens At Time of Birth for Zika Virus Testing](#)
  - [Interim Guidance for Zika Virus Testing of Formalin-Fixed, Paraffin-Embedded Placental, Fetal, or Infant Autopsy Tissues](#)
- [Clinician and Patient Handouts on Zika Testing](#)
- Testing Algorithms**
  - CDC [Testing recommendations and interpretation for symptomatic pregnant women with possible Zika virus exposure](#)

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- [CDC Testing recommendations and interpretation of results for asymptomatic pregnant women with possible Zika virus exposure](#)

**6. Guidance for Interpreting Zika Virus Test Results**

- [CDC Understanding Zika Virus Test Results](#)
  - [Zika Test Result Interpretation Table](#)
- Interpret the lab results along with the exposure risks, possible timing of exposure, and clinical picture
  - Evaluate available lab results for testing of any other flaviviruses or other potential diagnoses
- [CDC Zika Test Result Fact Sheets for Patients \(Under Patient Materials\)](#)

**7. Infant Assessment at Birth**

- [Infant Evaluation](#)
  - [Update: Interim Guidance for the Diagnosis, Evaluation, and Management of Infants with Possible Congenital Zika Virus Infection — United States, October 2017](#)
  - CDC's [Congenital Microcephaly Case Definitions](#) and tool for [measuring infant head circumference](#) (also available in [Spanish](#) and [Portuguese](#))
  - CDC [Algorithm for evaluation for infants with possible congenital Zika virus infection](#)

**8. Educating Patients on Steps They Can Take to Prevent the Spread of Zika in Virginia**

- Prevent local mosquitoes in Virginia from getting infected with Zika virus
  - All travelers entering the U.S. from [areas with risk of Zika](#) should [avoid mosquito bites](#) for **3 weeks after travel**. Travelers who develop symptoms of Zika (fever, rash, joint pain, or red eyes) should take extra precautions to [avoid mosquito bites](#) for the **7 days after illness begins**.
  - If Zika testing is approved, the local health department may contact the person to identify ways to eliminate and monitor mosquitoes around the home.
  - [Patient Handouts](#)
    - [Sick with Chikungunya, Dengue, or Zika?](#) (also available in [Spanish](#) and [Portuguese](#))
    - Mosquito [prevention](#) and [control](#) handouts
- Prevent sexual transmission of Zika virus
  - Pregnant women and their sex partners should abstain from sex during pregnancy or use condoms every time they have sex, which includes vaginal, anal, and oral sex and the sharing of sex toys, during the pregnancy.
  - See CDC's website on [Clinical Guidance for Healthcare Providers of Sexual Transmission of Zika Virus](#) to learn more about how to prevent Zika virus being spread during sex, and see [Women & Their Partners Trying to Become Pregnant](#) for recommendations on timeframes to wait prior to attempting conception after possible exposure to Zika virus.
  - [Patient Handouts on Sexual Transmission](#)
- Protect the U.S. blood supply
  - [FDA recommendations for blood and blood component testing](#)
    - All whole blood and blood component donations in the US states and territories are screened for Zika virus; alternatively, for platelets and plasma, FDA-approved pathogen reduction technology may be utilized
    - Zika positive donations are not distributed and the donor is deferred for 120 days after a positive test or resolution of symptoms (whichever is longer)
  - [FDA recommendations for screening of donors of tissues](#) are also available

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**9. Other Key Clinical Resources on Zika**

- General Information
  - CDC's Zika website for [Information for Healthcare Providers](#)
  - VDH website on Zika: [Information for Clinicians](#)
  - CDC [Resources & Publications](#)
    - All CDC [Zika MMWR reports \(including clinical guidance recommendations\)](#)
    - All CDC [Zika Emerging Infectious Disease Journal articles](#)
    - All Zika virus [Clinician Outreach and Communication Activity \(COCA\) Calls/Webinars](#)
- Pregnancy and Infants
  - [Zika Care Connect](#)
  - [Congenital Zika Syndrome & Other Birth Defects](#)
- Infants & Children
  - [Healthcare Providers Caring for Infants & Children](#)
- Infection Control
  - [Infection Control for Healthcare Providers](#)
  - [Preventing Transmission of Zika Virus in Labor and Delivery Settings Through Implementation of Standard Precautions — United States, 2016](#)
- Mosquitoes
  - [EPA: Find the Insect Repellent that is Right for You](#)
  - CDC website: [Avoid Mosquito Bites](#) and [Prevent Mosquito Bites](#)
  - VDH Zika Website: [Information on Mosquitoes](#)