

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

\*Includes Hyperlinks to Fact Sheets and Handouts on Zika

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

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**1. Background on Zika Infection**

- VDH [Zika FAQ's for Clinicians](#)
- CDC [Zika Key Messages](#)
- Patient Handouts:**
  - [Zika: What You Need to Know](#)
  - [Zika: What We Know and What We Don't Know](#)
  - [Zika: What We Know and What We Don't Know \(Spanish\)](#)
  - VDH [Fact Sheet on Zika](#)
  - [Zika—What Can Be Done?](#)
  - [Zika—What Can Be Done? \(Spanish\)](#)

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

- Check CDC travel advisories for [areas with Zika](#) (i.e., areas with active mosquito-borne transmission of Zika virus)
- Avoid Mosquito Bites
  - Mosquito season in Virginia begins in May, and local mosquitoes may develop the ability to transmit Zika virus.
- 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:
  - Travel to an [area with Zika](#), or
  - Vaginal, anal, or oral sex without a condom with a man who traveled to an [area with Zika](#)
- Eliminate mosquito breeding areas near your home or in your neighborhood
- Patient Handouts:**
  - [Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses](#)
  - [Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses \(Spanish\)](#)
  - [Mosquito Bite Prevention U.S.](#)
  - [Mosquito Bite Prevention U.S. \(Spanish\)](#)
  - [Mosquito Bite Prevention for Travelers](#)
  - [Mosquito Bite Prevention for Travelers \(Spanish\)](#)

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**3. Guidance for Pregnant Women**

- Pregnant women should avoid travel to [areas with Zika](#) during pregnancy
- If a pregnant women cannot avoid travel to an [area with Zika](#), she should take measures to prevent mosquito bites and to prevent sexual transmission of Zika
- If a pregnant woman’s sexual partner traveled to or resided in an [area with Zika](#), they should correctly and consistently use condoms or abstain from sex for the duration of pregnancy
- Handouts for Pregnant Women:**
  - [Pregnant? Protect yourself from mosquito bites](#)
  - [Pregnant? Protect yourself from mosquito bites \(Spanish\)](#)
  - [Pregnant? Read this before you travel](#)
  - [Pregnant? Read this before you travel \(Spanish\)](#)
  - [Zika and Sex: Information for pregnant women living in Virginia](#)
  - [Handout for pregnant women who tested positive for Zika](#)
  - VDH [Zika and Pregnancy flyer](#)
  - VDH [Zika and Pregnancy flyer \(Spanish\)](#)

**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 health care providers caring for these pregnant women and their infants to request additional information
- Clinician Handout:** [Obstetric Healthcare Providers: How to Contribute](#)
- Patient Handout:** Patient Handout for the CDC [Pregnancy Registry: What Women Need to Know](#)

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

- Check here for the most up-to-date [Zika Testing Procedures in Virginia](#)
  - VDH Zika [Testing Algorithm](#) handout
- Virginia’s [Instructions for Laboratory Specimens](#) for Zika Testing
- CDC [Guidance for US Laboratories Testing for Zika Virus Infection](#)
- Clinicians Handouts:**
  - [Testing and interpretation recommendations for pregnant woman with possible exposure to Zika virus—United States \(including US territories\)](#)
  - [Testing and interpretation recommendations for pregnant woman with possible exposure to Zika virus—United States \(including US territories\)\(Spanish\)](#)
  - [Testing algorithm for infants whose mothers traveled to or resided in an area with ongoing Zika virus transmission during pregnancy](#)
  - [Testing algorithm for infants whose mothers traveled to or resided in an area with ongoing Zika virus transmission during pregnancy \(Spanish\)](#)

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

- Interpret the lab results along with the exposure risks and clinical picture

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- Assess timing of exposure compared to onset of symptoms to determine if it is consistent with the Zika virus disease incubation period (likely range 3-14 days )
- Assess timing of symptom onset and collection of specimens to determine if specimens were collected early enough to capture a PCR result (within 7 days of onset) or within the window to capture an IgM response (4 days to 12 weeks)
- Evaluate available lab results for testing for any flaviviruses or other potential diagnoses
- CDC's [Congenital Microcephaly Case Definitions](#) and tool for [measuring infant head circumference](#)
- **CDC Zika Fact Sheets for Clinicians:**
  - [VDH's Zika Test Result Scenario Guide](#)
  - [Interpreting Zika MAC-ELISA Results](#)
  - [Interpreting Triplex Real-Time RT-PCR Assay \(Triplex rRT-PCR\) Results](#)
- **CDC Zika Fact Sheets for Patients:**
  - [Understanding Results from the Zika MAC-ELISA](#)
  - [Pregnant Women: Understanding Results from the Zika MAC-ELISA](#)
  - [Understanding Results from the Triplex Real-Time RT-PCR Assay \(Triplex rRT-PCR\)](#)
  - [Pregnant Women: Understanding Results from the Triplex Real-Time RT-PCR Assay \(Triplex rRT-PCR\)](#)

**7. 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 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 first 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?](#)
  - [Sick with Chikungunya, Dengue, or Zika? \(Spanish\)](#)
  - For mosquito prevention and control handouts, see section 2
- 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 vaginal, anal, and oral sex during the pregnancy.
  - See VDH's website on [Sexual Transmission of Zika Virus](#) to learn more about how to prevent Zika virus being spread during sex and recommendations for timeframes to wait to attempt conception after possible exposure to Zika virus
- **Patient Handout:** CDC [Condom Fact Sheet](#)
- Protect the U.S. blood supply
  - [FDA recommendations for Zika](#): blood donors defer for 4 weeks if they have had [symptoms suggestive of Zika](#) during the past 4 weeks, have had sexual contact with a person who has traveled to, or resided in, an [area with Zika](#) during the prior 3 months, or have traveled to [areas with Zika](#) during the past 4 weeks.
  - [FDA recommendations](#) for donors of tissues are also available

**8. Other Key Clinical Resources on Zika:**

- General Information

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- CDC's Zika website for [Information for Healthcare Providers](#)
- VDH website on Zika: [Information for Clinicians](#)
- VDH [Zika Literature Review](#)
- All CDC [Zika MMWR reports](#)
- Pregnancy and Infants
  - [Update: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure — United States, 2016](#)
  - [Interim Guidelines for the Evaluation and Testing of Infants with Possible Congenital Zika Virus Infection – United States, 2016](#)
  - [Interim Guidelines for Health Care Providers Caring for Infants and Children with Possible Zika Virus Infection](#)
  - [CDC: FAQ for Healthcare Providers Caring for Pregnant Women and Women of Reproductive Age with possible Zika Virus Exposure](#)
  - [Questions and Answers for Pediatric Healthcare Providers: Infants and Zika Virus Infection](#)
- Sexual Transmission
  - [Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, 2016](#)
- Mosquitoes
  - [EPA: Find the Insect Repellent that is Right for You](#)
  - CDC website: [Avoid Mosquito Bites](#)
  - VDH Zika Website: [Information on Mosquitoes](#)