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CCHC,

We want to make you aware of the latest information and resources regarding the Zika virus. Families and providers may ask you about this virus so we want to be sure you have the correct path to direct the public to important information.

1.  There is an update directly on the Homepage of the VDH website [http://www.vdh.virginia.gov](https://webmail.vita.virginia.gov/OWA/redir.aspx?C=qqBpt-F-7E-NqRthWJqM1j57pqBWMdMIdraOeP3Q4eAMkCFxiZCE9550N2GASjKgZOn-GDixUxw.&URL=http%3a%2f%2fwww.vdh.virginia.gov)  From there, you can go to the Zika virus webpage [http://www.vdh.virginia.gov/epidemiology/Zika/index.htm](https://webmail.vita.virginia.gov/OWA/redir.aspx?C=qqBpt-F-7E-NqRthWJqM1j57pqBWMdMIdraOeP3Q4eAMkCFxiZCE9550N2GASjKgZOn-GDixUxw.&URL=http%3a%2f%2fwww.vdh.virginia.gov%2fepidemiology%2fZika%2findex.htm) to view the frequently asked questions (FAQs).

2.  There is also a link to the CDC travel site for people considering travel outside the United States.  [http://www.cdc.gov/zika/](https://webmail.vita.virginia.gov/OWA/redir.aspx?C=qqBpt-F-7E-NqRthWJqM1j57pqBWMdMIdraOeP3Q4eAMkCFxiZCE9550N2GASjKgZOn-GDixUxw.&URL=http%3a%2f%2fwww.cdc.gov%2fzika%2f)

Because there is evidence that this particular virus can affect pregnant women's unborn children, please pay special attention and share this information with your communities, particularly pregnant women and their families who are concerned about their unborn child.

**What is the relationship between Zika and pregnancy?**

Zika virus infection is spreading in Central and South America, Mexico, and the Caribbean.

Brazil has reported an increase in adverse pregnancy outcomes, such as small head size (microcephaly) in the infant and fetal loss among mothers who were infected with Zika virus while pregnant. More studies are planned to learn more about the risks of Zika virus infection in pregnancy.

Until more is known, CDC recommends that pregnant women consider postponing travel to Zika-affected areas.

**How do you get infected with Zika virus? How can you prevent infection?**

Zika virus is transmitted through a mosquito bite from a mosquito carrying the Zika virus. Anyone who must travel to Zika-affected areas should take precautions to minimize exposure to mosquitoes, including using insect repellents, wearing long sleeves, long pants, and socks, and sleeping in rooms with screened windows or air conditioning.

**Symptoms:**

Most people experience no symptoms or only mild symptoms. If symptoms occur, they might include fever, rash, joint pain, or conjunctivitis (red eyes).

**Who needs to be tested?**

·    If you are pregnant **and** traveled to a Zika-affected area during pregnancy **and** developed at least 2 symptoms of Zika infection within 2 weeks of travel, see your healthcare provider for Zika testing. Women who traveled to a Zika-affected area during pregnancy and experienced a fetal loss or have an ultrasound finding of microcephaly in a fetus or an infant born with microcephaly should also be tested.

·    For pregnant women who traveled to a Zika-affected area during pregnancy, but do not have symptoms, fetal loss, or a fetus/infant with microcephaly, Zika testing is not recommended. In this situation, public health recommends getting a fetal ultrasound every 3-4 weeks.

As with any outbreak, it is imperative that you stress the importance of proper hand washing and sanitation practices and to be sure policies are up to date. Access the VDH handwashing poster here: <http://www.vdh.virginia.gov/ofhs/childandfamily/childhealth/ech/hccv/documents/pdf/WASHYOURHANDSTHERIGHTWAYposter.3.pdf>

You will find our guidance on proper sanitation and disinfectants at <http://www.vdh.virginia.gov/ofhs/childandfamily/childhealth/ech/hccv/documents/pdf/DisinfectionguidelinesWITHADDENDUM2014.pdf>

Additionally the use of insecticides during outdoor activities with children is indicated. For guidance on policies and protection from vector born diseases, consult Caring for our Children: National Health and Safety Performance Standards, Guidelines for Early Care and Education Programs at <http://cfoc.nrckids.org/StandardView/3.4.5.2>

Thanks for your support,

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