



# Technical Bulletin

## Division of Public and Behavioral Health



**Date:** January 2016

**Topic:** Zika Virus

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**To:** Health Care Providers

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### Current Situation:

- May of 2015, the WHO reported the first local transmission of Zika virus (ZIKV) within the Western Hemisphere.
- Cases have been identified throughout much of the Caribbean, Central and South America.
- Nevada has not had any cases of Zika virus reported in 2015/2016 to date.
- There have been a few confirmed infections in travelers returning to the U.S. from the affected regions listed.

### Transmission:

- Zika virus is vector borne by mosquito bites (*Aedes* species).
- Could possibly be transmitted mother to baby during pregnancy.
- Could possibly be transmitted through infected blood or sexual contact.

### Clinical Signs and Symptoms:

- Incubation period about 2 to 7 days, and can be up to 14 days.
- Approximately one in five persons (20%) who are infected with Zika virus develop clinical illness or symptoms.
- Symptomatic persons experience a febrile illness: Fever ( $>99^{\circ}$  F.), Rash, Joint Pain, Conjunctivitis.
- The illness associated with Zika virus infection is often mild in nature, and can last from several days to a week.
- Recent data from South America (e.g. current outbreak in Brazil) reveal a possible association between this virus and a marked increase in the number of infants born with microcephaly.

### Diagnosis:

- Zika virus disease should be considered in any person with a febrile illness, including, but not limited to, persons with recent travel history to the Caribbean, Central or South America with exposure to mosquitoes in those regions.
- Should also be considered in suspected cases of any infant born to a mother infected with Zika virus during any point in her pregnancy.

### Treatment:

- There is no specific treatment for Zika virus infection other than palliative care (e.g. bed rest, hydration, fever and pain reduction medications, etc.).

### Prevention:

- There is no vaccines available for Zika virus.
- Community-level mosquito control programs, personal protective measures to decrease exposure to infected mosquitoes, e.g. use of DEET and wearing long sleeve shirts, and screening of blood and organ donors.

### For More Information:

**Nevada Division of Public and Behavioral Health:** 775.684.5911

**Centers for Disease Control and Prevention:** <http://www.cdc.gov/zika/index.html>

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