

**ZIKA VIRUS - INTERIM GUIDANCE For Travelers – page 1/2****Context:**

The Ministry of Health of Brazil recently identified a possible relationship between Zika virus infections in pregnancy and infants being born with microcephaly. It is not currently known how many of the microcephaly cases are associated with Zika virus infection. This association has not been reported in other countries where Zika virus outbreaks are occurring. An updated list of countries where Zika transmission is present can be found on the CDC website ([www.cdc.gov/zika/geo/](http://www.cdc.gov/zika/geo/)).

Zika virus is spread by the bite of an infected *Aedes aegypti* and *Aedes albopictus* mosquitoes. These species are not established in Canada. It is estimated that 80% of Zika virus infections are asymptomatic. If symptoms occur they include fever, rash, arthralgias and/or conjunctivitis. Severe disease is uncommon and fatalities are rare. There is no vaccine or prophylactic medication to prevent Zika virus infections, and there is no specific antiviral treatment for Zika virus infections.

This advisory includes directions and specific advice to be provided to all individuals considering travel to an area with ongoing Zika virus transmission. It also provides directions for testing and management of symptomatic non-pregnant returning travelers, and for the screening, testing, and management of symptomatic and asymptomatic pregnant returning travelers. Guidance will change as more information is available.

CDC Interim Guidance: ( [www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm](http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm) )

**Directions:**

**Pre-travel:** Pregnant travellers should be advised to consider postponing travel to areas where Zika virus transmission is ongoing. All travellers should be advised to wear long-sleeved shirts and long pants, use insect repellents and permethrin-treated clothing and gear, and to stay and sleep in screened-in or air-conditioned rooms.

**Post-travel:**

- **Symptomatic\* non-pregnant traveler**
  - Consider testing for Zika, dengue and chikungunya virus if clinically warranted\*
  - Provide supportive care
- **Symptomatic\* pregnant traveler with symptoms developing within 2 weeks of travel to area of current Zika circulation**
  - Test for Zika, dengue and chikungunya virus(1) or (2)
    - Zika virus positive or inconclusive
      - Arrange fetal ultrasounds (U/S) to detect microcephaly or intracranial calcifications
      - Refer to Maternal-Fetal-Medicine (MFM) for consultation & consideration of amniocentesis
    - Zika, dengue and chikungunya virus negative
      - Arrange fetal ultrasounds to detect microcephaly or intracranial calcifications (2 U/S 3-4 wks apart)
        - Either finding present
          - Refer to MFM for consult and consideration of amniocentesis for Zika virus testing
        - No findings present
          - Provide reassurance

**ZIKA VIRUS - INTERIM GUIDANCE For Travelers – page 2/2**

- **Asymptomatic pregnant traveler**
  - Arrange fetal ultrasound to detect microcephaly or intracranial calcifications
    - Either finding present
      - Test for Zika virus(2)
      - Refer to MFM for consultation and consideration of amniocentesis for Zika virus testing
    - No findings present
      - Consider serial ultrasounds (3-4 wks apart) to detect development of microcephaly or intracranial calcifications
        - Either finding present
          - Test for Zika virus(2)
          - Refer to MFM for consultation & consideration of amniocentesis for Zika virus testing
        - No findings present
          - Provide reassurance

\*Symptomatic = Clinical illness with two or more symptoms (acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis) present during or within two weeks of travel to a country in which Zika virus is circulating.

**Laboratory Testing**

(1) Symptom onset < 7 days prior to testing	Order urine & EDTA Blood for RT-PCR AND Order SST (Gold Top) blood for Zikavirus IgM & IgG serology. Send convalescent serology 10 to 14 days later
(2) Onset date unknown or ≥7 days before testing	Order SST (Gold Top) blood for Zika virus IgM & IgG serology when indicated for asymptomatic pregnant patient with ultrasound positive for microcephaly or intracranial calcifications

Notify the ProvLab Virologist-on-call [Calgary 403 944- 1200; or Edmonton 780 407 8822] if molecular testing is required. A complete history including dates of onset of illness, countries visited within the past 4 weeks and symptoms are required.