



## State of New Jersey

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CONSUMER, ENVIRONMENTAL AND OCCUPATIONAL HEALTH SERVICE

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To: Local health departments and health care providers  
From: Shereen Semple, MS  
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New Jersey Department of Health (NJDOH)  
Infectious & Zoonotic Disease Program  
Date: April 6, 2016  
Subject: Zika Virus Disease: Updates in Communication, Testing Criteria and Guidelines  
for Preventing Sexual Transmission

The NJDOH is sending this message to local health departments (LHDs) and health care providers (HCPs) to provide updated guidance about Zika virus disease (Zika) health communication, diagnostic testing criteria and prevention guidelines. **New information in this document is highlighted in yellow.**

Zika is a mosquito-borne disease that historically has been found in tropical Africa and southeast Asia. In May 2015, the Pan American Health Organization/World Health Organization (PAHO/WHO) reported the first autochthonous (local) transmission of Zika in the Americas. Local transmission is now being reported across many countries and territories in the Americas, as well as some islands in the Pacific and Africa. The Centers for Disease Control and Prevention (CDC) website is updated as new active transmission is identified; HCPs are reminded to frequently check this website at <http://www.cdc.gov/zika/geo/active-countries.html>.

As a reminder, HCPs must report confirmed cases and laboratories must report positive findings of arboviral diseases (e.g. Zika, chikungunya, West Nile virus, dengue) to the LHD where the person resides. A list of LHDs can be found at <http://localhealth.nj.gov>.

Prior LINC messages regarding Zika, including detailed guidance on laboratory testing, clinical care for infants and prevention, can be found at <http://www.nj.gov/health/cd/zika/techinfo.shtml>.

### **NJDOH HEALTH COMMUNICATIONS UPDATE**

#### **\*NEW Public Call Center Open**

The NJDOH and New Jersey Poison Information and Education System (NJPIES) have collaborated on a public call center for individuals who have questions about Zika. Please share this information with your patients, colleagues and neighbors.

The call center is open 24 hours a day and is staffed by professionals who can answer questions from the general public and health care professionals. The call center has the capability to answer questions in any language.

The call center telephone number is: **800-962-1253**

#### **Web Updates:**

The NJDOH Zika information website includes **updated Zika Key Messages**, and brief Zika advisory videos in English, Spanish, French Creole, and Portuguese. You can find the videos at [www.nj.gov/health/cd/zika](http://www.nj.gov/health/cd/zika); click on the Public Health TV icon in the lower right corner. There is also a link to the new CDC Zika Prevention Kit infographic.

#### **Phone Script:**

Attached companion document is the **revised phone script for April 5, 2016**. The phone script can assist LHDs in answering phone calls from the general public.

### **ZIKA DIAGNOSTIC TESTING UPDATE**

The criteria below are intended for individuals who do not reside in an area with active Zika virus transmission, but may have been exposed during travel. **Individuals with frequent travel (e.g., daily or weekly) to areas of active Zika virus transmission should be evaluated according to CDC guidelines for patients who reside in areas of active Zika transmission.** Please refer to the below section titled “Additional Information” for links to these CDC guidelines.

#### **Criteria for Testing:**

HCPs may consult with their LHD or the NJDOH during regular business hours to discuss laboratory testing of the following individuals:

- Acutely symptomatic individuals (including pregnant and non-pregnant persons and children) who present with **at least one Zika-compatible symptom** (fever, rash, arthralgia, and/or conjunctivitis) and who within the past two weeks:
  - Traveled to a Zika-affected area OR
  - **Had unprotected sex (vaginal intercourse, anal intercourse or fellatio) with a man who traveled to or resides in a Zika-affected area**
- All pregnant women (symptomatic and asymptomatic) who during the **8 weeks before conception (counted as 6 weeks prior to the first day of the last menstrual period)** or at any point during the current pregnancy:
  - Traveled to an area with Zika transmission OR
  - **Had unprotected sex (vaginal intercourse, anal intercourse or fellatio) with a male partner who has been diagnosed with Zika virus disease or has Zika-compatible symptoms and travel history**

\*NOTE: If asymptomatic, preferred specimen collection date is 2–12 weeks after travel or sexual exposure

- Infants with microcephaly, intracranial calcifications, or brain or eye abnormalities (detected prenatally or after birth), whose mother traveled to or resided in an area with Zika transmission while pregnant
- Infants born to mothers who had a positive or inconclusive Zika virus test result while pregnant
- Symptomatic infants, who within the first 2 weeks of life develop at least one Zika-compatible symptoms (fever, rash, arthralgia, and/or conjunctivitis), and whose mothers traveled to an area with Zika transmission within two weeks of delivery
- Individuals with Guillain-Barré syndrome (GBS) who traveled to an area of Zika transmission and have no other suspected causative agent

NOTE: Amniocentesis has been removed from CDC testing algorithms, as the procedure is invasive and results may be difficult to interpret. Considerations for amniocentesis should be individualized for each unique situation, in consultation between a woman and her healthcare provider.

#### **Contact Information:**

For questions regarding the approval of specimens, contact the NJDOH Communicable Disease Services (CDS) during regular business hours by calling (609) 826-5964 or emailing the NJDOH CDS Zika Team at [ZikaTeam@sonj.onmicrosoft.com](mailto:ZikaTeam@sonj.onmicrosoft.com).

For questions regarding the shipping and handling of specimens, contact the NJDOH PHEL Zika Team by email at [Zika.phel@doh.nj.gov](mailto:Zika.phel@doh.nj.gov).

### **ZIKA PREVENTION UPDATE**

#### **Recommendations for Preventing Sexual Transmission:**

The following section is adapted from the CDC document “Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, 2016,” MMWR ePub: 25 March 2016, available online at <http://dx.doi.org/10.15585/mmwr.mm6512e3er>.

For **pregnant** women with a male partner who has traveled to a Zika-affected area:

- Abstain from sexual activity or consistently and correctly use condoms during sex (vaginal intercourse, anal intercourse, or fellatio) **for the entire duration of pregnancy**

For **non-pregnant** individuals with a male partner who has traveled to a Zika-affected area:

- If the male sexual partner **does not present with Zika-compatible symptoms**, it is recommended to abstain from sexual activity or consistently and correctly use condoms during sex (vaginal intercourse, anal intercourse, or fellatio) **for at least 8 weeks after returning from travel**
- If the male sexual partner **is diagnosed with Zika virus or had Zika-compatible symptoms**, it is recommended to abstain from sexual activity or consistently and correctly use condoms during sex (vaginal intercourse, anal intercourse, or fellatio) **for at least 6 months after symptoms begin**

**Recommendations for Couples Who May Be Seeking Pregnancy:**

The following section is adapted from CDC website, “Women and Their Partners Who Are Thinking about Pregnancy,” accessed March 30, 2016 and available online at <http://www.cdc.gov/zika/pregnancy/thinking-about-pregnancy.html>.

Men and women who live in or have traveled to an area with Zika who are concerned about trying to get pregnant should talk to their healthcare providers. The following information may assist in facilitating this discussion:

| <b>Recommended Timeframe to Wait Before Trying to Get Pregnant After a Possible Zika Virus Exposure*</b> |   |   |
|--|---|---|
|  | <b>Women</b>  | <b>Men</b>  |
| <b>Zika symptoms</b>   | Wait <b>at least 8 weeks</b> after symptoms started | Wait <b>at least 6 months</b> after symptoms started                              |
| <b>No Zika symptoms</b>  | Wait <b>at least 8 weeks</b> after exposure         | Wait <b>at least 8 weeks</b> after exposure<br>Talk with your healthcare provider |

\*Possible Zika virus exposure is defined as travel to or residence in an area of active Zika virus transmission, or sex (vaginal intercourse, anal intercourse, or fellatio) without a condom with a man who traveled to or resided in an area of active Zika virus transmission.

Women who do not want to get pregnant should talk with their doctor or healthcare provider about ways to prevent unintended pregnancy, including how to use birth control the right way every time.

NOTE: Testing blood or semen is not recommended to determine the risk of sexual transmission of Zika virus.

### **FOR MORE INFORMATION**

- Contact the NJDOH CDS during regular business hours: (609) 826-5964
- NJDOH Zika virus website: <http://www.nj.gov/health/cd/zika/index.shtml>
- NJDOH Zika LINCS messages: <http://www.nj.gov/health/cd/zika/techinfo.shtml>
- Contact information for LHDs in NJ: <http://localhealth.nj.gov>
- CDC Zika virus website: <http://www.cdc.gov/zika/>
- CDC travel advisories (including Zika): <http://wwwnc.cdc.gov/travel/notices>
- CDC list of current Zika-affected areas: <http://www.cdc.gov/zika/geo/>
- CDC Clinician Outreach and Communication Activity (COCA) webinars: <http://emergency.cdc.gov/coca/calls/>
- CDC MMWR Zika reports: [http://www.cdc.gov/mmwr/zika\\_reports.html](http://www.cdc.gov/mmwr/zika_reports.html)
- World Health Organization/Pan American Health Organization: <http://www.paho.org/>
- Protection against mosquitoes for travelers: <http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pre-travel-consultation/protection-against-mosquitoes-ticks-and-other-insects-and-arthropods>
- EPA-registered insect repellents: <http://www.epa.gov/insect-repellents/find-insect-repellent-right-you>