



## Zika Virus–Updated CDC Travel Recommendations and Zika Resources

Date: April 11, 2019

**Public Health Message Type:**  Alert  Advisory  Update  Information

**Intended Audience:**  All public health partners  Healthcare providers  Infection preventionists  
 Local health departments  Schools/child care centers  ACOs  
 Animal health professionals  Other:

### Key Points or Updates:

- (1) The spread of Zika is no longer at the same high levels seen during the main outbreak period in the Americas during 2015 to 2017 but the devastating impact of Zika during pregnancy remains a concern.
- (2) On 2/28/2019, CDC updated their World Map of Areas with Zika to delineate areas where there is a current outbreak (red) versus those where Zika has ever been reported or has been present for many years (dark purple). The map now allows users to search for location-specific Zika information and recommendations. <https://wwwnc.cdc.gov/travel/page/zika-travel-information>
- (3) CDC recommends that pregnant women should not travel to any area experiencing a current Zika outbreak (red). Pregnant women and couples trying to become pregnant should consult with their healthcare providers about risks and consequences of travel to areas where Zika has ever been reported or present for many years (dark purple).
- (4) CDC continues to recommend Zika testing for any symptomatic traveler who returns from an area with Zika risk (red or purple) as well as for pregnant women with Zika-related abnormalities on fetal ultrasound. Commercial Zika testing is now widely available; for uninsured persons, Zika testing by the NJ Public Health and Environmental Laboratory can be arranged by contacting the Local Health Department. Updated guidance is at: <https://nj.gov/health/cd/topics/zika.shtml>
  - CDC Zika Testing and Management Recommendations for Pregnant Women
  - Criteria for Obtaining Zika Virus Testing at NJ Public Health and Environmental Laboratory
- (5) Screening of pregnant women for history of travel/Zika exposure remains important as well as questioning of mothers by pediatricians about Zika exposure during pregnancy. New screening tools were recently made available by CDC:  
[https://www.cdc.gov/pregnancy/zika/testing-follow-up/documents/ZikaPreg\\_ScreeningTool.pdf](https://www.cdc.gov/pregnancy/zika/testing-follow-up/documents/ZikaPreg_ScreeningTool.pdf)  
<https://www.cdc.gov/pregnancy/documents/zika-patient-screening-p.pdf>  
<https://www.cdc.gov/pregnancy/documents/zika-provider-screening-p.pdf>
- (6) To reflect recent changes, the NJDOH Zika Delivery Packet was updated on 4/10/2019 (see attachment or <https://nj.gov/health/cd/topics/zika.shtml>). NJ birthing facilities should consult this latest Zika Delivery Packet when a woman with possible Zika exposure presents for delivery.

### Action Items:

- (1) Healthcare providers should continue to:

- a) Counsel women and men of reproductive age about risk of Zika related to travel using the latest CDC resources.
- b) Screen all pregnant women (symptomatic or asymptomatic) for a history of travel or travel by a sexual partner to areas with risk of Zika.
- c) Test symptomatic individuals with possible Zika virus exposure.
- d) Counsel all patients with travel to these areas about:
  - preventing mosquito bites during travel
  - preventing sexual transmission of Zika
  - avoiding mosquito bites for 3 weeks after return from travel / last exposure
- e) Use the latest CDC screening tools.

(2) NJ birthing facilities should:

- a) Use the latest version of the NJDOH Zika Delivery Packet (Updated April 10, 2019) when a woman who may have been exposed to Zika presents for delivery.

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**References and Resources:**

- CDC World Map of Areas with Zika: <https://wwwnc.cdc.gov/travel/page/zika-travel-information>
- CDC Zika and Pregnancy Web Page: <https://www.cdc.gov/pregnancy/zika/index.html>
- NJDOH Find your Local Health Departments: <https://www.nj.gov/health/lh/community/index.shtml#1>