

## Zika virus

The Zika virus pandemic continues to evolve. We want to update you on what we know about the public health effects of the virus and to support your efforts in providing care to your patients at risk for exposure.

Zika virus was declared a worldwide health emergency in February 2016. It is a mosquito-borne virus capable of causing a mild illness that in most people is asymptomatic. It can, however, pose a risk in pregnant women of serious birth defects, including microcephaly and other brain abnormalities. The virus can be sexually transmitted. Guillain-Barré syndrome, a rare disorder causing muscle weakness and sometimes paralysis, has also been reported in patients following suspected Zika virus infection. Here is what is known about the Zika virus:

- The virus is actively transmitted in many areas, including Puerto Rico, Mexico, and 20 countries in Central and South America, the Caribbean, Pacific Islands and Africa.
- The mosquitos that have the potential to carry Zika are present in 30 U.S. states. The areas most likely to be affected include the Gulf States, including cities in southern Florida and south Texas.
- In April 2013, the Centers for Disease Control & Prevention (CDC) published a *Special Report* in the New England Journal of Medicine concluding that there is a causal relationship between prenatal Zika virus and microcephaly and other neurological disorders, including Guillain-Barré syndrome.
- The FDA has begun emergency use approval for commercially available tests that can detect the Zika virus during the first week of symptoms. The CDC performs antibody testing that can be done after the virus is gone from the blood stream.
- The CDC has established a Zika Registry for pregnant women exposed to the virus.
- There is no treatment or vaccine for Zika virus infections. Medical care is directed at alleviating symptoms. The focus is on prevention of exposure by avoiding travel to areas with active Zika transmission and by protecting against mosquito bites.
- Our medical coverage includes testing and evaluation for Zika virus. We support the CDC's current recommendations for screening, testing and management of pregnant women, including serial ultrasounds in certain scenarios.
- Recommendations on counseling, diagnosis and testing of persons exposed, including pregnant women and women considering pregnancy can be found at <http://www.cdc.gov/zika/hc-providers/index.html>.
- Members' information, including advice on how to avoid exposure is attached for your information.
- For your state's Zika information, visit <http://www.vdh.virginia.gov/epidemiology/zika-virus-update/>.

**Zika Virus Frequently Asked Questions and Resources are attached and can also be located on the HealthKeepers, Inc. provider website.**

**<https://mediproviders.anthem.com/va>**

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## **Zika virus frequently asked questions and resources**

This document contains frequently asked questions, links and resources directing HealthKeepers, Inc. providers to information concerning the Zika virus.

Centers for Disease Control and Prevention (CDC):

- Guidance for providers: <http://www.cdc.gov/zika/hc-providers/index.html>
- Travel Health Notices: <http://www.cdc.gov/travel/page/avoid-bug-bites>
- Zika Pregnancy Registry: To contact, call **1-770-488-7100** or email [ZikaMCH@cdc.gov](mailto:ZikaMCH@cdc.gov) or [ZikaPregnancy@cdc.gov](mailto:ZikaPregnancy@cdc.gov)

CDC resources/frequently asked questions:

- What is Zika Virus? (About Zika Virus Disease):  
<http://www.cdc.gov/zika/about/index.html>
- Zika and Guillain-Barre Syndrome (GBS) includes:
  - Symptoms of GBS
  - Causes of GBS
  - Additional Resources
  - <http://www.cdc.gov/zika/about/gbs-qa.html>
- Prevention includes:
  - What is known about Zika virus
  - Steps to prevent mosquito bites
  - If you have Zika, prevent others from getting sick
  - If you are a man who lives in or has traveled to an area with Zika
  - If you are concerned about getting Zika from a male sex partner
  - Information for travelers
  - Additional Resources
  - <http://www.cdc.gov/zika/prevention/index.html>
- Transmission and risks include:
  - Transmission through mosquito bites
  - From mother to child
  - Through sexual contact
  - Through blood transfusion
  - Through laboratory exposure
  - Risks
  - Additional Resources
  - <http://www.cdc.gov/zika/transmission/index.html>
- Symptoms, Diagnosis & Treatment: <http://www.cdc.gov/zika/symptoms/index.html>
- Areas with Zika includes:
  - Areas with active mosquito-borne transmission of Zika virus

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- <http://www.cdc.gov/zika/geo/index.html>
- Zika virus disease in the United States, 2015-2016: <http://www.cdc.gov/zika/geo/united-states.html>
- Pregnant women include:
  - Zika and pregnancy
  - How to protect yourself
  - Travel information
  - Microcephaly
  - U.S. Zika Pregnancy Registry
  - <http://www.cdc.gov/zika/pregnancy/index.html>
- Health care providers include:
  - Clinical guidance
  - Clinical evaluation & disease
  - Diagnostic testing
  - U.S. Zika Pregnancy Registry
  - Tools for healthcare providers
  - HIV infection & Zika virus
  - Pregnant women & women of reproductive age
  - Infants & Zika virus infection
  - Sexual transmission of Zika Virus
  - <http://www.cdc.gov/zika/hc-providers/index.html>

Zika Pregnancy Registry information is at <http://www.cdc.gov/zika/hc-providers/registry.html>.

Obstetric health care providers can:

- Report information about pregnant women with laboratory evidence of Zika virus to their state, tribal, local or territorial health department
- Collect pertinent clinical information about pregnant women and their infants on the Pregnancy and Zika virus Disease Surveillance forms
- Provide the information to state, tribal, local or territorial health departments or directly to CDC registry staff if asked to do so by local health officials
- Notify state, tribal, local or territorial health department staff or CDC registry staff of adverse events (for example, spontaneous abortion, termination of pregnancy)

If you have questions about the registry, email [ZikaMCH@cdc.gov](mailto:ZikaMCH@cdc.gov) or call **1-770-488-7100** and ask for the Zika Pregnancy Hotline.

Additional Resources:

- National Institutes of Health (NIH):  
<http://www.niaid.nih.gov/topics/Zika/Pages/default.aspx>
- World Health Organization (WHO)



- App: a source of real-time, easy-to-use information on the disease and its complications designed primarily for health care providers and responders (IOS or Android devices)
- Zika Virus Fact Sheet: <http://www.who.int/mediacentre/factsheets/zika/en/>
- CDC recommendations for pregnant women: <http://cdc.gov/zika /pregnancy/question-answers.html>
- LiveHealth Online Zika health tips: <https://www.livehealthonline.com/en/health-tips/categories/fact-or-fiction/5-things-you-need-to-know-about-zika-virus/>
- Zika Virus Fact Sheet: <http://www.who.int/mediacentre/factsheets/zika/en/>

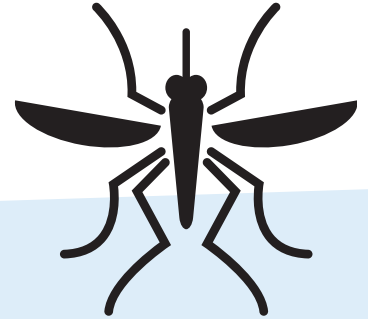
Current publications regarding Zika:

- Practice Advisory: *Updated Interim Guidance for Care of Women of Reproductive Age During a Zika Virus Outbreak*. [www.acog.org](http://www.acog.org) SMFM/ACOG.
- *Zika Virus and Birth Defects—Reviewing the Evidence for Causality*. CDC special report April 13, 2016 at NEJM.org.
- *Zika Virus*. Petersen, LR. N Engl J Med 2016; 374:1552-63.



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# Zika virus and you



## What is Zika virus disease (Zika)?

Zika virus disease (Zika) is spread mainly through the bite of certain mosquitos. A pregnant woman can spread the virus to her unborn baby. It can also be spread by a man or woman with Zika to their sex partners.

## Is Zika dangerous?

For most people, Zika is a mild illness. However, when an infected pregnant woman passes the virus to her unborn baby, it can cause serious birth defects. For women who do not want to get pregnant, you can prevent an unplanned pregnancy by using effective birth control like an intrauterine device (IUDs) or implants.

## Where are Zika-carrying mosquitos found?

The mosquitos that can carry Zika are found in many countries, including some parts of the United States. They are also in nearby regions including Puerto Rico, Mexico, and Central and South America.

To find the latest countries where Zika is spreading, visit [www.cdc.gov/travel](http://www.cdc.gov/travel).

## What are the symptoms of Zika?

Most people who get the infection have no symptoms or mild symptoms. These symptoms are rash, fever, headache, joint pain and red eyes. They can last for several days to a week. Once a person has been infected, he or she is unlikely to get the virus again.

## What should I do if I think I have it?

If you're pregnant or planning to get pregnant, ask your primary care provider (PCP) if you should get tested. Tell your PCP if you have traveled to an area that has Zika or if you have had sex with a person who either has gotten the virus or has traveled to an area that has the Zika virus.

For the most up-to-date information on Zika,



visit the Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov/zika](http://www.cdc.gov/zika). Or scan here with your smartphone.

[www.anthem.com/vamedicaid](http://www.anthem.com/vamedicaid)

## How do I prevent Zika infection?

The best way to prevent Zika is to not visit areas that have the Zika-carrying mosquitos. If you do travel to an area with the Zika virus, follow these tips to avoid being bitten by mosquitos:

- Wear long sleeves and pants.
- Use air conditioning or window and door screens to keep mosquitos outside. If mosquitos can get inside while you are sleeping, use bed nets.
- Use U.S. Environmental Protection Agency (EPA)-registered insect repellents. To check if your repellent is EPA-registered, look on the bottle for an EPA registration number. When used as directed, these repellents are safe and effective for pregnant and breastfeeding women.



**Using condoms, or not having sex at all, will prevent spreading the virus through sexual activities.**

**Source:** Centers for Disease Control and Prevention website: [cdc.gov/zika](http://cdc.gov/zika)

## Want to learn more?

Call Member Services at 1-800-901-0020 (TTY 711).

[www.anthem.com/vamedicaid](http://www.anthem.com/vamedicaid)



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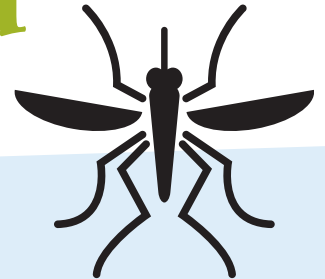
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# El virus del Zika y usted



## ¿Qué es la enfermedad del virus del Zika (Zika)?

La enfermedad del virus del Zika (Zika) se transmite principalmente a través de la picadura de un mosquito específico. Una mujer embarazada puede transmitir el virus al bebé que espera. Además, un hombre o una mujer que tiene Zika puede contagiar a sus parejas sexuales.

## ¿Es peligroso el Zika?

Para la mayoría de la gente, el Zika es una enfermedad leve. Sin embargo, cuando una mujer embarazada infectada trasmite el virus a su bebé antes de nacer, puede causar defectos de nacimiento graves. Las mujeres que no desean quedar embarazadas pueden evitar el embarazo no deseado mediante el uso de un método anticonceptivo eficaz como un dispositivo intrauterino (DIU) o un implante.

## ¿Dónde hay moscos portadores del Zika?

Los moscos que pueden ser portadores del Zika se encuentran en muchos países, incluso en algunas partes de los Estados Unidos. También se encuentran en regiones cercanas como Puerto Rico, México y América Central y del Sur.

**Para encontrar los últimos países en los que se está extendiendo el Zika, visite [www.cdc.gov/travel](http://www.cdc.gov/travel).**

**[www.anthem.com/vamedicaid](http://www.anthem.com/vamedicaid)**

## ¿Cuáles son los síntomas de la enfermedad del Zika?

La mayoría de las personas que contraen la infección no tienen síntomas o sus síntomas son leves. Estos síntomas son erupción cutánea, fiebre, dolor de cabeza, dolor en las articulaciones y enrojecimiento de los ojos. Pueden durar desde varios días hasta una semana. Una vez que una persona ha sido infectada, es poco probable que el virus la vuelva a infectar.

## ¿Qué debo hacer si creo que la tengo?

Si está embarazada o tiene intención de embarazarse, pregúntele a su proveedor de atención médica si debe hacerse la prueba. Dígale a su proveedor si ha viajado a un lugar que tiene el Zika o si ha tenido relaciones sexuales con una persona infectada con el virus o que ha viajado a un lugar que tiene el virus del Zika.



**Para obtener la información más actualizada sobre el Zika,**

visite el sitio web de los Centros para el Control y la Prevención de Enfermedades (CDC) en [www.cdc.gov/zika](http://www.cdc.gov/zika). O escanee aquí con su teléfono inteligente.

## ¿Cómo puedo prevenir la infección con el Zika?

La mejor manera de prevenir el Zika es no ir a los lugares donde hay moscos portadores del Zika. Si viaja a un lugar donde hay el virus del Zika, siga estos consejos para prevenir las picaduras de mosco:

- Use camisas de manga larga y pantalones largos.
- Use el aire acondicionado o mosquiteros en puertas y ventanas para que no entren los moscos. Si los moscos pueden entrar mientras usted está durmiendo, utilice mosquiteros para cama.
- Use repelentes de insectos registrados con la Agencia de Protección Ambiental de Estados Unidos (EPA). Para comprobar si el repelente está registrado en la EPA busque el número de registro de la EPA en el envase. Cuando se usan de acuerdo con las indicaciones, estos repelentes son seguros y eficaces para las mujeres embarazadas y en periodo de lactancia.



El uso de condones, o no tener relaciones sexuales en absoluto, evitará la propagación del virus a través de las actividades sexuales.

**Fuente:** Centros para el Control y la Prevención de Enfermedades: [cdc.gov/zika](http://cdc.gov/zika)

### ¿Quiere saber más?

Llame a Servicios al Miembro al  
1-800-901-0020 (TTY 711).

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