

## Special Edition: ATHNA Newsletter

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### ATHNA Zika (Zee-kah) Update 6/28/16

Hard to imagine that most of us never even heard of this viral illness until recently, but now it is making almost daily headlines. And many of those headlines are raising the fear level in our travelers.

A critical role for the travel health nurse is to replace fear with facts and to keep apprised of new developments during any emerging outbreak. As part of our ongoing organizational commitment to travel health nursing and our members in North America, ATHNA is sharing some valuable online resources that can be useful as you educate yourself and your travelers about Zika. **Keep in mind, the Zika situation and our knowledge of this infection is constantly evolving, use the resources listed below to keep apprised of new developments in the epidemiology and management of Zika.**

CDC held a Zap (Zika Action Plan) Summit on April 1, 2016. To access that homepage for that Summit

<http://www.cdc.gov/zap/index.html> To access presentations at that summit

<http://www.cdc.gov/zap/summit-presentations.html>

The presentation on *Crisis and Emergency Risk Communication* was especially useful for nurses who educate and counsel individuals, communities, and organizations

<http://www.cdc.gov/zap/pdfs/crisis-and-emergency-risk-communication.pdf>

Follow-up Teleconferences

<http://www.cdc.gov/zika/public-health-partners/zap-teleconferences.html>

### U.S. Resources

CDC is doing an excellent job of updating available information on this virus and outbreak. General information is available on their comprehensive website: <http://www.cdc.gov/zika/>

#### ***General Information and FAQ's on CDC website:***

What is Zika?

Description of the viral illness transmitted by the day-time biting mosquito *Aedes aegypti*

<http://www.cdc.gov/zika/disease-qa.html>

Where is Zika transmitted right now?

Map showing current areas of transmission <http://www.cdc.gov/zika/geo/index.html>

What is the meaning and significance of a CDC Travel Notice- Level Two Travel Alert?

What is the difference between an Alert and a Warning?

<http://wwwnc.cdc.gov/travel/notices>

What is a good map resource for tracking this outbreak?

Healthmaps is a joint project of CDC and Boston Children's Hospital

Zika tracking is available at <http://www.healthmap.org/en/>

***Guidance for Travelers to Areas with Zika Transmission:***

Where do I find general guidance?

<http://www.cdc.gov/zika/>

What do I say to a woman who is pregnant or actively trying to get pregnant and wants to travel to a Zika transmission area?

<http://www.cdc.gov/zika/pregnancy/>

<http://www.cdc.gov/zika/hc-providers/qa-pregnant-women.html>

American Congress of Obstetrics and Gynecology

<http://www.acog.org/About-ACOG/ACOG-Departments/Zika-Virus>

**Sexual Transmission Concerns**

What do I say to a man (or woman) who is traveling to a Zika transmission area and will be sexually active upon return?

CDC Clinical Outreach and Communication Activity Updated Interim Zika Clinical Guidance for Reproductive Age Women and Men, Sexual Transmission of Zika, and the U.S. Zika Pregnancy Registry.

<https://my.quantiamd.com/player/ycpyejnfd?r=1&u=wxaukhmag>

Interim Guidance for Prevention of Sexual Transmission of Zika Virus – United States, 2016 (March 25, 2016) <http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3.htm>

MMWR: Transmission of Zika Virus Through Sexual Contact with Travelers to Areas of Ongoing Transmission — Continental United States, 2016

<http://www.cdc.gov/mmwr/volumes/65/wr/mm6508e2.htm>

Interim Guidelines for Prevention of Sexual Transmission of Zika Virus – United States, 2016

<http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e1.htm>

Zika and Sexual Transmission (Feb. 12, 2016) Questions and Answers on Zika and Sexual Transmission.

<http://www.cdc.gov/zika/hc-providers/qa-sexual-transmission.html>

***Guidance for protective measures: Repellents, Permethrin***

<http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

Repellents and Children: <http://www.fda.gov/Drugs/EmergencyPreparedness/ucm085277.htm>

### **Guidance on trip cancellation**

What are the rules about this?

Travelers *usually* cannot change or cancel a trip without additional charges and penalties unless CDC raises its travel notice to Level Three: Travel Warning. Since we are currently at Level Two: Travel Alert, only women who are pregnant or actively trying to get pregnant can apply for trip cancellation, rebooking, etc. **Policies of different travel companies can vary.** Have your traveler check with their carrier, tour organizer, and travel insurance companies to learn if they are offering other options to Zika transmission destinations at this time. Guidelines vary and may be evolving. If you are asked to write a letter and are required to specifically state the reason as anything other than a generic “medical condition” or “medical contraindication” be sure to get a signed HIPPA form from your patient.

The UK Independent newspaper has an online article that gives you some idea of the challenges: <http://www.independent.co.uk/travel/news-and-advice/zika-virus-travel-qa-what-should-i-do-if-i-am-due-to-south-america-central-america-or-the-caribbean-a6834091.html>

### **Guidance for Caring for Returning Travelers:**

How to proceed with the assessment, diagnostic testing and care for ill travelers returning from areas with Zika transmission?

General information on returning travelers:

<http://emergency.cdc.gov/han/han00385.asp>

Information for currently pregnant returning travelers:

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s\\_cid=mm6505e2er.htm\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er.htm_w)

Zika testing guidelines-what tests are performed and where are tests performed?

[http://www.aphl.org/Materials/CDCMemo\\_Zika\\_Chik\\_Deng\\_Testing\\_011916.pdf](http://www.aphl.org/Materials/CDCMemo_Zika_Chik_Deng_Testing_011916.pdf)

Interim Guidance for Interpretation of Zika Virus Antibody Test Results

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[http://www.cdc.gov/mmwr/volumes/65/wr/mm6521e1.htm?s\\_cid=mm6521e1\\_e](http://www.cdc.gov/mmwr/volumes/65/wr/mm6521e1.htm?s_cid=mm6521e1_e)

Is Zika a reportable illness? Yes.

### **Blood Donations**

Investigation Toolkit: Transfusion-transmitted Infections (TTI)

Blood Donor Recommendations.

<http://www.fda.gov/downloads/BiologicsBloodVaccines/GuidanceComplianceRegulatoryInformation/Guidances/Blood/UCM486360.pdf>

### ***Background Information***

What is the history of Zika? How did it start? I understand it comes from a Ugandan forest.

<http://www.sciencemag.org/news/2016/01/zika-virus-your-questions-answered>

What exactly is Microcephaly?

<http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>

What is Guillain- Barre Syndrome?

[http://www.ninds.nih.gov/disorders/gbs/detail\\_gbs.htmnd](http://www.ninds.nih.gov/disorders/gbs/detail_gbs.htmnd)

### ***Special Populations***

Some professional groups have issued good information on this outbreak in recent months. Examples are as follows:

American College Health Association

[http://www.acha.org/documents/Networks/Coalitions/Zika\\_Update.pdf](http://www.acha.org/documents/Networks/Coalitions/Zika_Update.pdf)

American Congress of Obstetrics and Gynecology

<http://www.acog.org/About-ACOG/ACOG-Departments/Zika-Virus>

### ***Organizational Resource Lists***

Some professional organizations have developed their own Zika resource lists:

HHS Disaster Information Management Research Center

<https://sis.nlm.nih.gov/dimrc/zikavirus.html>

AMA Zika Virus Resource Center

<http://www.ama-assn.org/ama/pub/physician-resources/public-health/zika-resource-center.page>

University of Minn Center for Infectious Disease Research and Policy

<http://www.cidrap.umn.edu/infectious-disease-topics/zika>

### ***Communicating the message within your own travel health community***

Knowing the facts and communicating them effectively without raising undue anxiety can be a challenge during any outbreak. Here we share an example of a recent Zika message delivered on a college website. It may be a helpful prototype as you develop your own communications.

- UVa statement on their Student Health Service website:

<http://www.virginia.edu/studenthealth/notices.html>

## **Canadian Resources**

<http://www.publichealthontario.ca/en/ServicesAndTools/LaboratoryServices/Pages/Zika-Virus.aspx>

<http://www.healthycanadians.gc.ca/publications/diseases-conditions-maladies-affections/risks-zika-virus-risques/index-eng.php>

## **International Resources**

WHO: Internationally, the WHO is doing a great job of disseminating useful information.

See Disease Outbreak News (DONs):

<http://www.who.int/csr/don/en/>

Health Emergencies:

<http://www.who.int/emergencies/zika-virus/en/>

Where can I find the WHO declaration that Zika is a global health emergency?

<http://www.who.int/mediacentre/factsheets/zika/en/>

The UK and others are also educating the public and their travelers about this current health issue. While U.S. nurses should follow our national standard of care (CDC) and Canadian nurses should follow Canadian standards, it is interesting to see other guidelines and perspectives:

What have they been telling travelers in the UK?

<https://www.gov.uk/guidance/zika-virus>

<http://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/zika-virus-infection.aspx>

Pan American Health Organization Statement

[http://www.paho.org/hq/index.php?option=com\\_content&view=article&id=11585&Itemid=41688&lang=en](http://www.paho.org/hq/index.php?option=com_content&view=article&id=11585&Itemid=41688&lang=en)

### **Additional Resources in the lay and scientific press:**

Although most of the press reporting on this issue is has been quite sensational, causing more fear than understanding, The *NY Times* has produced excellent, comprehensive articles that answer many of the questions that concern your travelers <http://www.nytimes.com/news-event/zika-virus>

### ***Health Counseling for Zika Region Travel:***

If you are seeing a traveler going to a Zika transmission area, who is not pregnant or actively trying to become pregnant, here are some key counseling points to include during the consultation:

1. Tell them what we know about this illness-how it is transmitted, how to protect yourself with personal protective measures, and signs and symptoms deserving post-trip follow-up
2. Explain that there is still much we do *not* know and the situation is evolving
3. Counsel the use of appropriate clothing, repellent and insecticide use  
<http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>  
Repellent on children: <http://www.fda.gov/Drugs/EmergencyPreparedness/ucm085277.htm>
4. Answer all questions about repellents and ask them to describe how they plan to protect themselves from insect vectors-confirm that they understand personal protective measures
5. Talk to them about the issue of pregnancy and sexual transmission-prevention
6. Remind them to go to the CDC website for accurate, updated information [www.cdc.gov/zika](http://www.cdc.gov/zika)
7. Remind them about Dengue and Chikungunya spread by the same mosquito in the same regions
8. Let them know you are available for additional questions and concerns

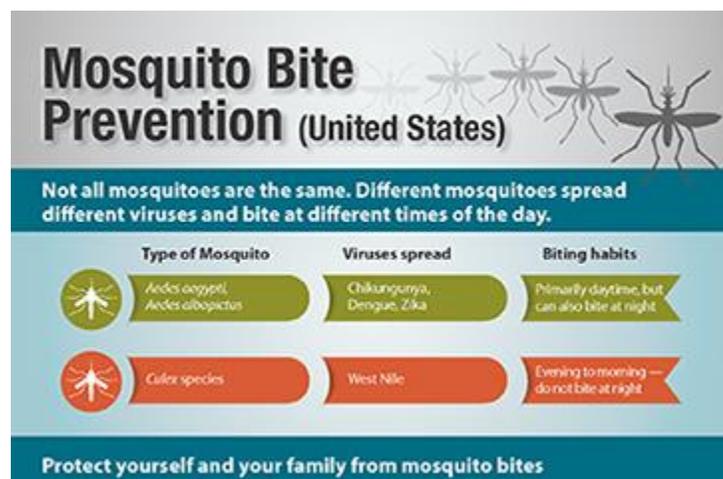
Are there handouts and posters I can give to my travelers?

<http://www.cdc.gov/zika/fs-posters/index.html>

**IMPORTANT:**

*As with everything else in travel health nursing, international health risks are always changing. Zika is no different. This list of resources can give you some background and an understanding of what we know as of today (6/27/16) but by tomorrow the situation and our understanding of this viral illness can change. Be sure to update your knowledge returning to some of these definitive resources as this outbreak continues.*

***Fear is the greater disease- we hope you will find these resources helpful as you fight the fear of Zika.***



# GOING TO THE AMERICAN TROPICS?

**MOSQUITOES** spread **DENGUE, CHIKUNGUNYA, ZIKA,** and other diseases



Mosquitoes bite day and night. Prevent mosquito bites:

- Use insect repellent
- Use air conditioning or window/door screens
- Wear long-sleeved shirts and long pants



## DON'T LET MOSQUITOES RUIN YOUR TRIP

For more information, visit [www.cdc.gov/travel](http://www.cdc.gov/travel)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention