Zika in Texas

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Presentation
Outline

• Transmission
• Symptoms
• Prevention
• National and Texas Updates
• Pregnancy Outcomes
• Role of Health Professionals
• Surveillance
• Testing Guidelines and Resources
• Caring for Pregnant Women and Infants
Emerging Disease in Texas

- Texas Geography
  - Binational border
  - Diverse geography and climate

- Texas Population
  - Travel
  - Density
  - Socioeconomic status
Zika Transmission

**PROTECT YOUR FAMILY AND COMMUNITY:**

**HOW ZIKA SPREADS**

1. **Most people get Zika from a mosquito bite**
   - A mosquito bites a person infected with Zika virus
   - The mosquito becomes infected
   - More members in the community become infected
   - More mosquitoes get infected and spread the virus
   - The infected mosquito bites a family member or neighbor and infects them

2. **Other, less common ways, people get Zika:**
   - **During pregnancy**
     - A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika causes microcephaly, a severe birth defect that is a sign of incomplete brain development
   - **Through sex**
     - Zika virus can be passed through sex from a person who has Zika to his or her sex partners
   - **Through blood transfusion**
     - There is a strong possibility that Zika virus can be spread through blood transfusions
Zika Symptoms

- Most common symptoms:
  - Fever
  - Rash
  - Joint pain
  - Conjunctivitis

Other symptoms:
- Muscle pain
- Headache

- Last for several days to a week
- Usually mild, people seldom get sick enough to seek medical care and rarely die
- Once infected, likely to be protected from future infections
• Zika infection during pregnancy can cause microcephaly and other severe fetal brain defects

• Other problems detected among fetuses and infants infected with Zika before birth include eye defects, hearing deficits, and impaired growth

• Increased reports of Guillain-Barré Syndrome in areas affected by Zika
Zika Prevention

• **Protect from mosquito bites**
  • Inside:
    • Use air conditioning and screens
  • Outside:
    • Cover up with long sleeves and pants
    • Wear insect repellent
  • Community:
    • Pick up trash and dump out containers that hold standing water
  • Travel:
    • Pregnant women should avoid traveling to Zika transmission areas
    • Pregnant women and their sexual partners who have traveled to Zika transmission areas should use condoms or avoid sexual contact during the pregnancy
Mosquito Repellent Benefit

- Mosquito repellent is a covered benefit for enrollees of:
  - Medicaid, CHIP, CHIP-P
  - CSHCN
  - HTW, Family Planning Program
- Individual must be a:
  - Pregnant woman or
  - Female 10-55 or
  - Male age 14 and older
- Includes up to two cans per month per eligible beneficiary
- Available 5/1/2017 through 12/31/2017
National and Texas Zika Update

• 36,574 cases within U.S. Territories
  • Mostly locally acquired vector-borne
• 5,274 cases within U.S.
  • Mostly travel related
• 334 cases within 49 Texas counties:
  • Mosquito borne:
    • Mostly travel related
    • 6 local transmissions in Brownsville, Cameron County
  • 2 sexual transmissions
  • In utero:
    • First Texas infant born with Zika-related microcephaly in July 2016
    • First Zika-related infant death in August 2016
Zika Pregnancy Outcomes in Texas

- 192 women in Texas with evidence of a Zika infection during pregnancy
- 115 pregnancy outcomes known:
  - 10 infants with Zika spectrum birth defects:
    - 3 had laboratory evidence of Zika infection
    - 5 had no laboratory evidence of Zika infection
    - 2 without completed lab testing
  - 99 infants with no apparent birth defects:
    - 7 with laboratory evidence of Zika infection
    - 25 with no laboratory evidence of Zika infection
    - 67 without completed lab testing
- 77 pregnancy outcomes not yet known
Future of Zika in Texas

• Human surveillance is the key to identifying local transmission
• Risk of local transmission of Zika continues and increases every mosquito season
• Impact is not predictable from year to year
• Expect Zika and other arboviruses to be an ongoing public health concern
• Development of a vaccine is not imminent
• The state must remain prepared to respond
Role of Health Professionals

- Regularly check updates for proper testing and submission protocols
- Screen and test pregnant women
- Prenatal counseling to prevent sexual transmission
- Promote protective measures and vector control
- Prenatal providers share appropriate medical information with professionals who care for newborns
- Test, evaluate, and follow-up on infants with possible congenital Zika infection
- Coordinate with local health authorities
Zika Surveillance

- Human testing is the key to successful surveillance
- Healthcare providers must report suspected Zika virus cases to their local or regional health department to facilitate diagnosis and mitigate risk of local transmission
- Texas is reporting cases to the CDC
Residents of the Lower Rio Grande Valley

- **Area of Health Alert message:**
  - Cameron, Hidalgo, Starr, Webb, Willacy, and Zapata counties

- **Test all pregnant women:**
  - At 1st prenatal visit
  - Again in 2nd trimester
  - At any stage of pregnancy if exhibiting symptoms

- **Test other people:**
  - Who are residents of Health Alert counties AND
  - Exhibit a rash AND
  - At least one other common Zika symptom, either fever, joint pain, or conjunctivitis

- Preconception counseling is recommended for anyone contemplating having a baby
Other Areas of Texas

- Test pregnant women:
  - Who have traveled or have a sexual partner who has traveled to a country or area of Texas or the U.S. with ongoing Zika transmission
  - Who regularly cross the U.S.-Mexico border
  - Who exhibit three Zika symptoms

- Test other people:
  - Who exhibit three Zika symptoms OR
  - Who have traveled or have a sexual partner who has traveled to a country or area of Texas or the U.S. with ongoing Zika transmission AND
  - Have one or more Zika symptoms

- Preconception counseling is recommended for anyone contemplating having a baby
Testing Resources

- **Insured:**
  - Individuals covered by health insurance, Medicaid or other 3rd party payor can be tested using normal mechanisms through commercial laboratories (Note: some patients may require retesting via public health reference labs)

- **Uninsured:**
  - Individuals not covered by private insurance or a third party payor can be tested through a DSHS laboratory
  - Instructions for submitting specimens to the DSHS laboratories found at [www.texaszika.org/labs.htm](http://www.texaszika.org/labs.htm)
  - Submit positive test results to your Local Health Authority. To search by county go to [www.dshs.texas.gov/idcu/investigation/conditions/contacts](http://www.dshs.texas.gov/idcu/investigation/conditions/contacts)
National Zika Pregnancy Registry

- Tracks and follows pregnancies that may have been impacted
- Eligibility:
  - Pregnant women with laboratory evidence of possible Zika infection and their infants
  - Infants with laboratory evidence of possible Zika infection and their mothers
  - May or may not show symptoms
- Texas provides weekly data to the Registry on any pregnant woman or newborn who receives care in Texas and meets the requirements stated above
- The information is limited and confidential
Caring for At-Risk Pregnant Women

• Pregnant women with confirmed Zika virus infection and those with inconclusive results:
  • Serial ultrasounds every 3-4 weeks to monitor for fetal abnormalities consistent with congenital Zika syndrome
  • Referral for supportive services, including mental health services
  • Report to Zika Pregnancy Registry

• Pregnant women who frequent areas with elevated risk of Zika transmission:
  • In addition to testing, serial ultrasounds every 3-4 weeks
Caring for At-Risk Infants

- Pediatric providers should work closely with obstetric providers:
  - Identify infants whose mothers were potentially exposed to Zika virus during pregnancy
  - Review fetal ultrasounds and maternal Zika testing, if available

- Infants born to mothers potentially exposed to Zika virus during pregnancy should receive a comprehensive physical examination:
  - Laboratory tests:
    - Initial samples should be collected in the first 2 days of life
    - Testing of cord blood is not recommended
  - Head ultrasound
  - Hearing screen

- If any findings are consistent with congenital Zika syndrome, a team of specialists should be engaged to further evaluate and care for the infant

- Find resources on the Children with Special Health Care Needs website: www.dshs.texas.gov/cshcn
Join the Zika Response

- Zika prevention:
  - Promote integrated mosquito management
  - Protect against mosquito bites
  - Provide prenatal counseling
- Visit the DSHS [www.texaszika.org](http://www.texaszika.org) for regular updates and the Health Care Professionals webpage [www.texaszika.org/healthcareprof.htm](http://www.texaszika.org/healthcareprof.htm)
Thank You

www.dshs.texas.gov