

Everything you need to know about

Zika Virus For Healthcare Providers



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. **There are travel-related cases in New Orleans but no locally transmitted cases.**

Currently the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department (NOHD) are working with partners to provide you with information about Zika. NOMTCB is monitoring the mosquito population. Mitigation efforts to limit the mosquito population will utilize a combination of chemical control and habitat reduction methods as needed.

What is Zika?



Zika virus disease (Zika) is a disease spread to people primarily through the bite of an infected mosquito. It can also be spread when an infected person has sex with another person. Most people with Zika do not know they have it. Symptoms are usually mild, lasting about a week.

Common Symptoms: Fever, rash, joint pain, and conjunctivitis (red eyes). Other symptoms include headache and muscle pain.

Diagnostic testing

Preliminary diagnosis is based on the patient's clinical features, places and dates of travel and activities. Acute Zika virus disease should be suspected if the patient:

1. Is an asymptomatic pregnant woman who traveled to Zika affected area(s) or had sexual contact with someone who traveled.
2. Traveled to or resided in an area with ongoing transmission of Zika virus and displays at least one symptom.
3. Did not travel but resides in either Orleans, St. Bernard, Jefferson, Plaquemine, St. Tammany, Vermilion, DeSoto, East Baton Rouge or Ouchita Parishes and displays at least two symptoms.
4. Did not travel but resides in any other parishes not listed above and displays fever, rash, joint pain, and conjunctivitis.

As an arboviral disease, Zika virus is a nationally notifiable condition. Healthcare providers are encouraged to report suspected cases to LDH to facilitate diagnosis and mitigate the risk of local transmission.

Treatment involves supportive care; Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided until dengue can be ruled out to reduce risk of hemorrhage.

Report Suspected Cases

Report to Louisiana Department of Health Infectious Disease Epidemiology Section for testing at:
Main line: (504)568-8313
After Hours: (800)256-2748

How to protect yourself



Cover your skin by wearing long-sleeve shirts and long pants. For extra protection, treat clothing with the permethrin insect repellent.



Remove standing water around the home in places such as plant containers, tires, pet dishes and buckets.



Daytime is when mosquitoes that spread Zika virus are aggressive daytime biters, but they can also bite at dawn and dusk.



EPA-registered insect repellents when used as directed, are proven safe and effective even for pregnant or breastfeeding women.

- Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.
- Reapply insect repellent as directed.
- Apply sunscreen before insect repellent.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.



Practice safe sex because zika can be sexually transmitted. It is important to always use condoms.