

## Health Advisory: Zika in Minnesota

Minnesota Department of Health Jan 27, 2016 14:00 CST

### Action Steps:

**Local and tribal health departments:** Please forward to hospitals, clinics, urgent care centers and convenience clinics in your jurisdiction.

**Hospitals and clinics:** Please distribute to anyone caring for patients with new illness, particularly returning travelers and pregnant women.

### Healthcare providers:

- Review new CDC materials on Zika virus infection (see below).
- Advise pregnant women to avoid traveling to any Zika-infected area (see list below) per new CDC travel alert.
- Report suspect cases within 24 hours to MDH at 651-201-5414 or 1-877-676-5414.
- Contact MDH 651-201-5414 or 1-877-676-5414 about submitting serum specimens.

### First Case in Minnesota

The Minnesota Department of Health has reported the first case of Zika virus disease in a Minnesota resident this year. The case was an Anoka County woman in her 60s. She became ill on Jan. 1, after traveling to Honduras. She was not hospitalized and is expected to make a full recovery. A news release on the situation will be out shortly at <http://www.health.state.mn.us/news/>

### CDC guidance on Zika Virus Infection (all found on the CDC Zika Virus Website [www.cdc.gov/zika](http://www.cdc.gov/zika) )

- Interim Guidelines for Pregnant Women During a Zika Virus Outbreak  
<http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>
- Interim Guidelines for the Evaluation and Testing of Infants with Possible Congenital Zika Virus Infection  
[http://www.cdc.gov/mmwr/volumes/65/wr/mm6503e3er.htm?s\\_cid=mm6503e3er.htm\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6503e3er.htm?s_cid=mm6503e3er.htm_w)

### Zika-affected Areas (as of 1/27/2016) (<http://www.cdc.gov/zika/geo/index.html> ):

Barbados, Bolivia, Brazil, Cape Verde, Colombia, Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Puerto Rico, Saint Martin, Samoa, Suriname, U.S. Virgin Islands, Venezuela

### Summary

Since it was first found in the Western Hemisphere in May 2015, Zika virus has been spreading throughout much of the Americas in a mosquito-to-human-to-mosquito cycle. This virus usually causes no illness or relatively mild symptoms. However, during the current outbreak, severe outcomes including microcephaly in infants, fetal loss, and Guillain-Barre syndrome have been reported. While these more severe outcomes are still under study, it is important for providers to be aware of this virus and provide advice to their patients who travel out of country.

A copy of this HAN is available in PDF and Word format at [www.health.state.mn.us/han/](http://www.health.state.mn.us/han/).

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