Zika: How can we protect Latino communities in the United States?

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WELCOME

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Agenda

- Why is Zika important?
- Transmission
- Effects
- Diagnosis
- Prevention
- Resources
- Q&A
What is Zika?

- Zika virus is spread to people primarily through the bite of an infected Aedes species mosquito (*Ae. aegypti* and *Ae. albopictus*).
- Many people infected with Zika virus won’t have symptoms or will only have mild symptoms.
- Zika virus infection during pregnancy can cause microcephaly and other severe brain defects.
Why is it important to talk to Latinos in the United States about Zika?

- Zika in Latin America
- Travel to Latin America
- Transmission in the United States
- Need to protect pregnant women
- Different health information preferences
  - Source
  - Language and culture
Where is Zika in the Americas?

- Before 2015, Zika outbreaks occurred in Africa, Southeast Asia, and the Pacific Islands.
- Currently outbreaks are occurring in many countries and territories.

Zika cases reported in the United States, 2015-2016

Laboratory-confirmed Zika virus disease cases reported to ArboNET by state or territory (as of December 7, 2016)
## Travel to the United States from Countries with Zika, 2015

<table>
<thead>
<tr>
<th>Mode</th>
<th>Number</th>
</tr>
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<tbody>
<tr>
<td>Air</td>
<td>34 million</td>
</tr>
<tr>
<td>Sea</td>
<td>9 million</td>
</tr>
<tr>
<td>Land</td>
<td>173 million</td>
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<tr>
<td>Total</td>
<td>216 million</td>
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Diio; Department of Transportation, Bureau of Transportation Statistics; U.S. Customs and Border Protection
What are some particular Zika risks for Latinos?

- Frequency of travel and destination to Zika affected areas
  - Travel to areas in Latin America with Zika
  - Crossing border into Mexico

- Reason for travel
  - Visiting friends and family
  - Crossing the border for social, business, study, shopping

Sources: http://wwwnc.cdc.gov/travel/page/vfr
How might travel to visit friends and family and crossing the border affect Zika risk?

- Destination characteristics
  - Rural areas, no screens or AC
  - May not be aware of new health risks in familiar places
- Different health behaviors than tourists
  - Stay longer and/or going frequently
  - Less likely to visit a doctor before travel
  - Less likely to follow preventive health precautions

How Zika Spreads
How is Zika spread?

- Mosquito bites
- From a pregnant woman to her fetus
- Sex with an infected person
- Probable: blood transfusion
PROTECT YOUR FAMILY AND COMMUNITY:
HOW ZIKA SPREADS

Most people get Zika from a mosquito bite

A mosquito bites a person infected with Zika virus

The mosquito becomes infected

A mosquito will often live in a single house during its lifetime

More mosquitoes get infected and spread the virus

The infected mosquito bites a family member or neighbor and infects them

More members in the community become infected

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
Locations of mosquitoes that can spread Zika?

Maps have been updated from a variety of sources. These maps represent CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States. Maps are not meant to represent risk for spread of disease.

Sexual Transmission

- Zika can be passed through sex, even if the infected person does not have symptoms at the time.
  - It can be passed from a person with Zika before his or her symptoms start, while they have symptoms, and after their symptoms end.
  - The virus may also be passed by a person who has been infected with the virus but never develops symptoms.
From a pregnant woman to her fetus

- Zika virus can pass from a pregnant woman to her fetus during pregnancy or around the time of birth.
- Not known how often this happens.
How does Zika virus affect people?

- Many people with Zika will not have symptoms or will only have mild symptoms.
- If there are symptoms, they can last several days to a week.
- Severe disease requiring hospitalization is uncommon.
- Symptoms are similar to other diseases: dengue, chikungunya.
What are the symptoms?

• The most common symptoms of Zika are
  o Fever
  o Rash
  o Joint pain
  o Conjunctivitis (red eyes)
  o Other symptoms include
    • Muscle pain
    • Headache
How does Zika affect pregnancies?

- Zika infection in pregnancy can cause microcephaly and other severe brain defects.
  - Microcephaly: birth defect in which a baby’s head is smaller than expected.
  - No evidence that previous infection will affect future pregnancies.
How does Zika affect fetuses and infants?

• Infection during pregnancy is linked to other problems, such as miscarriage, stillbirth, and birth defects.
• No reports of infants getting Zika through breastfeeding.
Does Zika cause Guillain-Barré syndrome (GBS)?

- GBS is a rare disorder that affects the nervous system.
- GBS is strongly associated with Zika.
- Only a small proportion of people with recent Zika virus infection get GBS.
How is Zika diagnosed?

- Diagnosis of Zika is based on a person’s recent travel history, symptoms, and test results.
- A blood or urine test can confirm a Zika infection.
- A doctor may order tests to look for several types of infections.
How is Zika treated?

- There is no specific medicine or vaccine for Zika virus infection.
Zika is primarily spread through mosquito bites. Protect yourself and your community.
STEP 1

Keep your home free of mosquitoes

- Use window and door screens. Repair screens to keep mosquitoes outside.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water inside and outside your home.
STEP 2

Create a barrier between you and mosquitoes

- Cover up!
  - Wear long-sleeved shirts and long pants.
STEP 3

Wear insect repellent

• Use Environmental Protection Agency (EPA)-registered insect repellents.
• Use a repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
• Always follow the product label instructions.
STEP 4

Protecting babies and children

- For babies and children
  - Dress children in clothing that covers arms and legs.
  - Cover crib, stroller, and baby carrier with mosquito netting.
  - Do not use insect repellents on babies younger than 2 months old.
  - Do not use products containing oil of lemon eucalyptus or para-methane-diol on children younger than 3 years old.
People with a partner who traveled to an area with Zika can use condoms or not have sex.

- If the traveler is female: For at least 8 weeks after return, or after start of symptoms or diagnosis
- If the traveler is male: For at least 6 months after return, or after start of symptoms or diagnosis

Pregnant couples in which one or both partners live in or traveled to an area with Zika should use condoms every time you have sex or do not have sex during the pregnancy.
Do your homework before traveling

- Learn if there is Zika at your destination.
- If you are pregnant, do not travel to areas with Zika.
  - If you must travel, talk to your doctor before your trip and after you return.
- If you are trying to get pregnant, talk to your doctor before you travel.
Before traveling

Notices and information for travelers


Going to Visit Friends or Family in an Area with Zika?

Packing before travel

- Pack enough EPA-registered insect repellent to last entire trip.
  - DEET, picaridin, IR3535, oil of lemon eucalyptus, or paramenthane-diol
- Treat clothes and gear with permethrin*.
- Choose lodging with screens and/or AC if possible.
- Bring mosquito net, if necessary.

Except in Puerto Rico, where mosquitoes are permethrin-resistant
During travel

- Prevent mosquito bites.
  - Cover exposed skin with long-sleeved shirts and long pants.
  - Use EPA-registered repellent during entire trip; follow instructions.
  - Wear permethrin-treated* clothes and gear.
  - Stay and sleep in screened in and air-conditioned places when possible.
- Prevent sexual transmission by using a condom.

* Except in Puerto Rico, where mosquitoes are permethrin-resistant
After Travel

- Prevent mosquito bites for 3 weeks after returning—even if no symptoms.
- If symptoms develop, go to the doctor.
- Protect yourself during sex by using condoms
- Delay pregnancy.
  - Women: 8 weeks
  - Men: 6 months
Educational resources (English):
Resources in other languages
Resources for children

- Sesame Street
  https://www.youtube.com/watch?v=OA3GnVnPhFY
- Coloring book
Resources for pregnant women

- Clinical guidance for pregnant women living near the US-Mexico border:
Q&A

Allison Walker, PhD, MPH
Senior Epidemiologist
Travelers’ Health Branch
Thank you.

Webinar slides and recording available at:
The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.