

Everything you need to know about

Zika Virus Information for OB/GYN



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. NOTCMB 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 spread when an infected man has sex with his partner. 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.

There have been serious reports of a birth defect of the brain called microcephaly and other poor pregnancy outcomes of mothers who were infected with Zika virus while pregnant.

Evaluating and testing patients



Women who have traveled to an area with ongoing Zika virus transmission during pregnancy and reported two or more symptoms within two weeks of travel should be evaluated for Zika virus infection and tested in accordance with CDC Interim Guidance.

Zika virus infections have been confirmed in infants with microcephaly, but this association is under investigation.

Women with recent travel to an area with ongoing Zika virus transmission and ultrasound findings of microcephaly or intracranial calcifications may be offered amniocentesis.

A positive Zika virus result from amniotic fluid would be suggestive of intrauterine infection. In the absence of microcephaly, the presence of intracranial calcifications before 22 weeks gestation may suggest a risk for the future development of microcephaly.

The CDC recommends testing tissues of live births and fetal loss with evidence of maternal or fetal Zika virus infection.

Report any suspected cases to DHH for testing.

Report Suspected Cases

Report to Louisiana Department of Health and Hospitals Infectious Disease Epidemiology Section 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 most aggressive, 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.

Travel information



Pregnant women should consider postponing travel to any area where Zika virus transmission is ongoing.

If a patient must travel to one of these areas, they should strictly follow steps to prevent mosquito bites. It is safe for pregnant women to use insect repellent.