



ARIZONA DEPARTMENT OF HEALTH SERVICES

PREPAREDNESS

September 20, 2016

To AHCCCS Providers:

To date, Arizona has had over 30 travel-associated cases of Zika, and 0 locally-acquired cases.

Arizona is considered to be a high-risk state for Zika, given the endemicity of the *Aedes aegypti* mosquito, the number of travelers returning from Zika-affected countries, and the occurrence of similar mosquito-borne disease outbreaks in the past.

Arizona clinicians play a crucial role in educating patients in order to prevent local transmission of Zika and the subsequent effects to Arizonans and their children.

- **First, clinicians need to discuss prevention with their patients.** Zika prevention messages overlap with those for maternal/child health, sexual health, and vector-borne diseases, and should easily fit into a physician's typical counseling. Specialized messages do pertain to pregnant women and all individuals traveling to Zika-affected areas. Resources for preventive messages include a [one-pager](#) (attached) and the [CDC prevention website](#).
- **Second, clinicians need to coordinate with public health if there is concern for Zika.** Public health departments across Arizona are the subject matter experts for Zika transmission, diagnosis and management. The Arizona State Public Health Laboratory can perform the complete testing cascade for eligible patients, at no charge. [Algorithms for determining Zika testing eligibility](#) and contacts for [local health departments](#) are available.

Zika is but the most recent threat to Arizona's health. Arizona clinicians and public health must communicate what they are seeing in clinic and the community, respectively. Clinicians can sign up for the [Arizona Health Alert Network](#) or download the Arizona-based [IDAZ Mobile App](#) to receive statewide alerts and to call public health with a single click.

Douglas A. Ducey | Governor Cara M. Christ, MD, MS | Director



Zika Prevention Messages for Patients

There is currently **no local spread** of Zika in Arizona. Providers can reduce the risk that Arizonans get exposed to Zika through the use of patient-specific prevention messages.

Zika prevention should be discussed at EVERY VISIT with women of reproductive age (pregnant and nonpregnant).

PREGNANT WOMEN (AZ population: 99,000)



1. **Avoid travel to areas with Zika.** Reference the map of Zika-affected areas at www.cdc.gov/zika/geo.
2. **Avoid mosquito bites.** Reassure that DEET is safe in pregnancy.
3. **Avoid unprotected sex with partners who traveled to areas with Zika.** Recommend abstinence or regular condom use for the duration of pregnancy.

WOMEN OF REPRODUCTIVE AGE (AZ population: 1.2 million)



1. **Avoid unplanned pregnancies.** Address the reproductive life plan of every woman at every visit.
2. **Time pregnancies safely.** Advise delaying attempts at conception for 8 weeks if the woman was exposed or diagnosed with Zika, 8 weeks if the man was exposed to Zika, and 6 months if the man was diagnosed with Zika.
3. **Avoid mosquito bites.** Recommend DEET, long sleeves and window/door screens.

ALL PATIENTS (AZ population: 6.7 million)



1. **Avoid mosquito bites in areas with Zika.** Recommend DEET, long sleeves and window/door screens. Avoid insect repellents in children <2 months old.
2. **Avoid mosquito bites here after returning from areas with Zika.** Recommend DEET, long sleeves and screens for the first three weeks back from travel. Avoid insect repellents in children <2 months old.
3. **Control mosquitos inside and outside the home.** Advise dumping all resting water (down to the size of a bottle cap) around the home.

Further prevention resources: www.cdc.gov/zika/prevention; Physician Zika testing algorithms for Arizona: www.azhealth.gov/zika; Local health department contacts: www.azdhs.gov/localhealth.

Last Updated: 09/09/16