

# Zika Virus Update



March 1, 2019

All data presented in this report are provisional and may change as additional reports are received.

## Zika virus disease cases<sup>\*</sup>, January 1, 2016-December 31, 2018

	Gender Total		Age Range <sup>**</sup> Total		Pregnancy Status Total		Area of Travel Total	
	Female	18	Child	5	No	27	Caribbean	14
	Male	9	Adult	12	Yes	0	Central America	6
			Middle Age	7			Mexico	4
			Older Adult	3			Miami, FL	1
			Elderly	0			South America	2
<b>Total: 27</b>								

<sup>\*</sup> Includes confirmed and probable Zika virus disease cases per the most recent CSTE case definitions.

<sup>\*\*</sup>Age range: Child=0-17 years; Adult=18-40 years; Middle Age=41-60 years; Older Adult=61-80 years; Elderly=81+ years

## Zika virus viremic blood donors<sup>\*\*\*</sup>, January 1, 2016-December 31, 2018

	Gender Total		Age Range <sup>**</sup> Total		Pregnancy Status Total		Area of Travel Total	
	Female	0	Child	0	No	1	Asia	1
	Male	1	Adult	0	Yes	0		
			Middle Age	1				
			Older Adult	0				
			Elderly	0				
<b>Total: 1</b>								

<sup>\*\*</sup>Age range: Child=0-17 years; Adult=18-40 years; Middle Age=41-60 years; Older Adult=61-80 years; Elderly=81+ years

<sup>\*\*\*</sup> Viremic blood donors are people who reported no symptoms at the time of donating blood, but whose blood tested positive when screened for the presence of Zika virus RNA by the blood collection agency. Some viremic blood donors develop symptoms after their donation or may have had symptoms in the past.

The mosquitoes that are transmitting Zika virus in other areas of the world are not widely established in Iowa and the virus is not circulating in the U.S. The risk to Iowans occurs when they travel to Zika-affected areas.

About 20 percent of people infected with Zika virus will become ill. The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. While illness is usually mild and severe disease requiring hospitalization is uncommon, there is a possible link between Zika virus infection in pregnant women and subsequent birth defects.

It is recommended that women who are pregnant (in any trimester) do not travel to any area experiencing an outbreak of Zika virus. It is recommended that women who are pregnant (in any trimester), who are traveling to an area with current or past transmission of Zika virus, talk to their healthcare provider about potential risks first. Prevent mosquito bites and sexual exposure to Zika if you decide to travel. Women who are trying to become pregnant should talk to their healthcare provider about their plans to become pregnant and the risk of Zika virus infection. Prevent mosquito bites and sexual exposure to Zika if you decide to travel. All other travelers should follow steps to prevent mosquito bites.