



January 28, 2016

CDC ISSUES GUIDELINES FOR EVALUATING INFANTS, TREATING PREGNANT WOMEN WITH POSSIBLE ZIKA VIRUS INFECTION

AT A GLANCE

At Issue

The Centers for Disease Control and Prevention (CDC) has issued [interim guidelines](#) for U.S. health care providers caring for infants born to mothers who traveled or lived in an [area with Zika virus transmission](#) during their pregnancy. In addition, the agency has issued [interim guidelines](#) for U.S. health care providers caring for pregnant women who recently traveled to impacted areas. Among other actions, the CDC recommends testing pregnant women for the virus if they report at least two related symptoms within two weeks of travel to affected areas, or have ultrasound findings of fetal microcephaly or intracranial calcifications.

A marked increase in infants born with [microcephaly](#), a birth defect resulting in smaller than normal head size, has been [reported](#) in the Zika outbreak in Brazil. It is not known how many of the cases are associated with the virus. Only about one in five people infected with the mosquito-borne virus will get sick, and their illness is usually mild. The most common symptoms are fever, rash, joint pain or conjunctivitis (red eyes). There have been 31 detected cases in the continental U.S., all in individuals who had traveled to the affected areas, and 20 confirmed cases in the U.S. territories – 19 in Puerto Rico and one in the U.S. Virgin Islands.

What You Can Do:

The AHA will continue to share updates from the CDC and others as they become available. Please visit www.cdc.gov/zika for the most up-to-date recommendations and information from the CDC. We will continue to share updates via email and post materials to www.aha.org/zika as they become available. Watch AHA News Now for the latest information.

Further Questions:

Please contact Roslyne Schulman, director of policy, at rschulman@aha.org or Nancy Foster, vice president of quality and patient safety policy, at nfoster@aha.org.