



Maryland's Response to the Zika Virus

February 2016

About the Virus

- The Zika virus is a mild infection with a three-to-five-day incubation period; only about 25 percent of those with the virus exhibit its symptoms, which include fever, rash, conjunctivitis, headache and joint pain
- It is transferred by mosquitos and, much more rarely, through sexual transmission
- Zika is now found largely in countries around the Equator
- The virus can cause major complication with women who are pregnant; the Centers for Disease Control & Prevention (CDC) has recommended that women do not travel to countries with Zika and, if they have been to those areas, they should be tested
- The CDC does not believe that is a long-term effect on women who may not be pregnant now but be later

What DHMH is Doing

- Providing Zika information to all Marylanders
- Weekly calls with the local health departments -- providing information from the CDC
- Working with first line providers
- Surveillance of the Zika virus in the state and monitoring children born with microcephaly
- Currently CDC is the testing facility; the state's facility will be able to test for Zika within days

What Hospitals are Doing

- Helping obtain and send specimens to the state or CDC for testing
- Helping report possible Zika infections to the state
- Maternal and fetal monitoring for pregnant women
- Helping disseminate information from the state and CDC to clinicians

Zika Resources

- DHMH: <http://phpa.dhmh.maryland.gov/pages/zika.aspx>
- CDC: <http://www.cdc.gov/zika/>