Zika Virus, Acute Flaccid Myelitis, Seattle Pain Clinic

ZIKA VIRUS

The Florida Department of Health has identified an area (Miami-Dade and Broward Counties) with local mosquito-borne Zika virus transmission in Miami Florida [www.cdc.gov/zika/intheus/florida-update.html](http://www.cdc.gov/zika/intheus/florida-update.html). CDC recommends pregnant women not travel to the area. This is an ongoing investigation. CDC continues to recommend that everyone in areas where Aedes aegypti mosquitoes are present, particularly pregnant women and those planning to become pregnant, take steps to avoid mosquito bites. Guidance for travel, evaluation, and testing change rapidly. See links under the resource section to find the most up to date information. The following summarizes changes in guidance from our partners at the Centers for Disease Control and Prevention:

**Zika Virus Action Requested:**

**Travel and Prevention**
- Recommend pregnant women avoid non-essential travel to the area in Florida with active Zika virus transmission.
- Recommend all pregnant women and their partners living in or traveling to the area with active Zika virus transmission identified by the FL DOH follow steps to prevent mosquito bites
- Recommend women with Zika virus disease should wait at least eight weeks and men with Zika virus disease should wait at least six months after symptom onset to attempt conception
- Recommend women and men who live in or who have traveled to an area with active Zika virus transmission who have a pregnant sex partner should consistently and correctly use condoms or other barriers to prevent infection during sex or not have sex for the duration of the pregnancy.
- Advise women and men with limited risk and who do not report signs or symptoms consistent with Zika virus disease should wait at least eight weeks after last possible exposure to attempt conception

**Testing**
- Assess all pregnant women in the US for possible Zika Virus exposure during each prenatal care visit. Women with possible Zika exposure and signs or symptoms of Zika should be tested for Zika.
- Test all pregnant women with possible exposure to Zika virus and signs or symptoms consistent with Zika virus disease for Zika virus infection based on time of evaluation relative to symptom onset in accordance with CDC guidance.
- Test all pregnant women with ongoing risk of possible Zika virus exposure who do not report symptoms of Zika virus disease in the first and second trimester of pregnancy in accordance with CDC guidance.
- Collect both serum and urine on all pregnant women (symptomatic or asymptomatic), up to 12 weeks after last possible exposure
- Order RT-PCR tests on all serum and urine specimens collected <2 weeks after symptom onset (for symptomatic patients) or possible exposure (for
asymptomatic pregnant women). This expands the RT-PCR testing period by 1 week for serum specimens on all patients and is available in commercial laboratories.

- Review CDC testing and laboratory guidance found at: www.cdc.gov/zika/laboratories/lab-guidance.html
- To request Zika testing through CDC for tests not available through a commercial laboratory you must call Thurston County Public Health at (360)786-5470 to facilitate approval of specimens sent to the WA State Public Health Lab for testing through CDC.

ACUTE FLACCID MYELITIS

CDC has had twenty-one confirmed cases of acute flaccid myelitis (AFM) and 3 probable cases reported to them between January 1 and June 30, 2016 in persons 6 months to 64 years of age. One in a Washington State resident. CDC is requesting prompt reporting and specimen collection of suspect AFM cases. Clinical criteria includes:

1. An illness with onset of acute focal limb weakness AND
2. Either a magnetic resonance image (MRI) showing spinal cord lesion largely restricted to gray matter* and spanning one or more spinal segments, OR cerebrospinal fluid (CSF) with pleocytosis (white blood cell count >5 cells/mm3)

Acute Flaccid Myelitis Action Requested:

- Report suspect or confirmed cases of AFM irrespective of laboratory or imaging results, to the local health departments using the patient summary form (www.cdc.gov/acute-flaccid-myelitis/hcp/data.html)
- Collect specimens from patients suspected of having AFM as early as possible in the course of illness (preferably on the day of onset of limb weakness) including CSF; whole blood; serum; peripheral blood mononuclear cells; stool; a nasopharyngeal aspirate, wash or swab (with lower respiratory specimen in indicated); and an oropharyngeal swab.
- Contact local public health to facilitate epidemiological and laboratory support.

SEATTLE PAIN CLINIC

In mid-July the Washington State Medical Commission suspended the medical license of Frank D. Li (MD00049251) for alleged violations of the Uniform Disciplinary Act and for violation of the Washington State Pain Rules which impacted eight clinics in Washington including the Seattle Pain Clinic located at Limited Lane in West Olympia. Patients with withdrawal symptoms were advised to seek treatment through an urgent care or emergency department. For medication concerns they were advised to contact their primary care provider, Community Health Center, Washington Recovery Helpline or Crisis Clinic. Multiple health care partners including the Washington State Department of Health, Health Care Authority, and Office of the Insurance Commissioner are working to resolve individual issues about access to care. Links to resources may be found below.

Seattle Pain Care Clinic Action Requested

- Encourage all practitioners (MD’s, DO’s, PA’s, ARNP’s) to accept Seattle Pain Care Center Patients under their care.
Recommend for the safety of the patients that pharmacists continue to honor prescriptions from these clinics. Prescriptions from Dr. Li are valid if dated prior to July 15, 2016. No other prescribers from these clinics have been suspended; therefore, their prescriptions are still valid.

Advise hospitals and emergency rooms to be prepared for an increase in patients who may be experiencing withdrawal from opioids, benzodiazepines or other controlled substances.

RESOURCES
CDC Interim Guidance for Health Care Providers Caring for Pregnant Women: MMWR: www.cdc.gov/mmwr/volumes/65/wr/mm6529e1.htm?s_cid=mm6529e1_w
CDC Interim Guidance for Prevention of Sexual Transmission of Zika Virus: www.cdc.gov/mmwr/volumes/65/wr/mm6529e2.htm?s_cid=mm6529e2_w
Florida DOH Updated information on active transmission of Zika virus from the Florida Department of Health: www.flgov.com/2016/08/01/gov-scott-florida-calls-on-cdc-to-activate-emergency-responseteam-following-confirmed-mosquito-borne-transmissions/
CDC AFM Resources and References page: www.cdc.gov/acute-flaccid-myelitis/references.html
CDC AFM reporting form www.cdc.gov/acute-flaccid-myelitis/hcp/data.html
CDC AMF Surveillance information www.cdc.gov/acute-flaccid-myelitis/afm-surveillance.html
WA ST Medical Commission Pain Management www.doh.wa.gov/LicensesPermitsandCertificates/MedicalCommission/MedicalResources/PainManagement
CDC Guidelines for Prescribing Opioids www.cdc.gov/drugoverdose/prescribing/guideline.html
Agency Medical Director’s Group – Opioid dosing www.agencymeddirectors.wa.gov/default.asp
WA ST Pharmacy Commission www.doh.wa.gov/LicensesPermitsandCertificates/ProfessionsNewReneworUpdate/PharmacyCommission/RxFraudAlerts

TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY

<table>
<thead>
<tr>
<th>Voice mail for reporting Non-immediately reportable conditions (24 hours a day)</th>
<th>Phone: 360-786-5470</th>
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<tbody>
<tr>
<td>Fax: 360-867-2601</td>
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<tr>
<td>Day time immediately reportable conditions</td>
<td>360-867-2500 ask staff to locate Communicable Disease staff</td>
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<tr>
<td>After hours immediately and 24 hour reportable conditions or a public health emergency</td>
<td>Call 911 and ask staff to locate the Health Officer.</td>
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<tr>
<td>No one is available with Thurston County Public Health and condition is immediately notifiable</td>
<td>1-877-539-4344</td>
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