



Food and  
Nutrition  
Service

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Park Office  
Center

Dear WIC State Agency Director:

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Alexandria  
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There have been recent media reports about the outbreak of the Zika virus in many countries. Recognizing WIC's role as an adjunct to health care, we want to share information from the Centers for Disease Control and Prevention (CDC) about the outbreak.

As stated by the CDC, currently, there is no vaccine to prevent transmission or medication to treat Zika infection. According to the CDC, the virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*) which are the same mosquitoes that spread dengue and chikungunya viruses. The CDC has further stated that while most infections are mild and cause few or no symptoms, the bigger health threat is believed to be to women who are pregnant and can transmit the virus to their unborn child. Also according to CDC, there are no reports of infants getting Zika through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where the Zika virus is found.

In response, the CDC has released its *Interim Guidelines for Pregnant Women During a Zika Virus Outbreak* (see link below). These guidelines include recommendations for pregnant women or their partners considering travel to an area with Zika virus transmission, as well as for the screening, testing, and management of returning travelers who are pregnant.

Information and resources about the Zika virus are available on the CDC website at:

- <http://www.cdc.gov/zika/index.html>
- Key Messages for use in developing materials:  
<http://www.cdc.gov/zika/pdfs/zika-key-messages.pdf> (English)
- Interim Guidelines for Pregnant Women:  
<http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>

Pregnancy and Microcephaly:

- <http://www.cdc.gov/zika/pregnancy/> (English)
- <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>  
(English/Spanish/Portuguese/ French)

Mosquito Bite Prevention:

- <http://www.cdc.gov/features/stopmosquitoes/index.html> (English)
- <http://www.cdc.gov/westnile/faq/repellent.html> (English)

Infographics and Posters:

- <http://www.cdc.gov/zika/fs-posters/index.html> (English/Spanish)

Zika 101 Video:

- <http://www.cdc.gov/media/dpk/2016/dpk-zika-virus.html> (English)

Key Messages (detailed questions and answers about Zika virus):

- <http://www.cdc.gov/zika/pdfs/zika-key-messages.pdf> (English)
- <http://www.cdc.gov/zika/es/pdfs/spanish-key-messages.pdf> (Spanish)

Additionally, Text4Baby (pregnancy text messaging service) has updated its messaging to include Zika virus updates):

- Text BABY to 511411 (English)
- Text BEBE to 511411 (Spanish)

Thank you for continuing to be an important ally in the nation's efforts to ensure the well-being of WIC participants.

Sincerely,



SARAH WIDOR  
Director  
Supplemental Food Programs Division