

Key Take Aways

Updated Interim Guidance for the Diagnosis, Evaluation, and Management of Infants with Possible Congenital Zika Virus Infection

CDC updated its interim infant guidance to incorporate information from the recently published guidance for healthcare providers caring for pregnant women with possible Zika virus exposure, uncertainty regarding optimal laboratory testing for congenital Zika virus infection, and recognition of new findings in infants that might be related to Zika virus infection during pregnancy. CDC's updated interim guidance includes recommendations for the diagnosis, evaluation, and follow-up care of infants in three main groups.

Overview of changes

The updated recommendations emphasize the importance of pediatric healthcare providers assessing risk for congenital Zika virus infection, communicating closely with obstetrical providers, and remaining alert for any problems among infants without birth defects who were born to mothers with possible Zika virus exposure during pregnancy.

- To assist health care providers with clinical management decisions, the guidance defines three groups of infants:
 - 1) Infants with birth defects consistent with congenital Zika syndrome born to mothers with possible Zika virus exposure during pregnancy (regardless of the mother's Zika virus test results).
 - 2) Infants without birth defects consistent with congenital Zika syndrome born to mothers with laboratory evidence of possible Zika virus infection during pregnancy.
 - 3) Infants without birth defects consistent with congenital Zika syndrome born to mothers with possible Zika virus exposure during pregnancy but without laboratory evidence of Zika virus infection during pregnancy.
- The new guidance provides updated information on interpreting laboratory testing results for infants.
- The updated guidance provides a review and clarification of the guidance for prenatal diagnosis (serial ultrasounds and amniocentesis).



The new guidance also provides updated information on infant follow-up care:

- Recommendations for vision and hearing screening have been updated.
- Some previously recommended screenings (e.g., thyroid screening, hearing screening at 4- to 6-months of age) are no longer recommended because of a lack of data on whether these screenings are needed.



Centers for Disease
Control and Prevention
National Center on Birth Defects
and Developmental Disabilities

Key changes by group

Infants with birth defects consistent with congenital Zika syndrome born to mothers with possible Zika virus exposure during pregnancy

- Healthcare providers should monitor for an expanded list of potential problems. These include difficulty breathing, difficulty swallowing, and hydrocephaly (also called water on the brain) after birth.
- Follow-up care of these infants is no longer guided by Zika virus testing results.

Infants without birth defects consistent with congenital Zika syndrome born to mothers with laboratory evidence of possible Zika virus infection during pregnancy

- Infants should receive an eye examination by an ophthalmologist.

Infants without birth defects consistent with congenital Zika syndrome born to mothers with exposure to Zika virus but no laboratory evidence of possible Zika virus infection during pregnancy

- Testing and clinical evaluation for Zika virus beyond the standard evaluation and routine preventive care are not routinely recommended.

Coordinated care and established medical home recommended

Because the types of services needed to care for infants with congenital Zika syndrome are complex, CDC recommends coordinated care by a multidisciplinary team and an established medical home. As a critical component of patient care and early identification of any developmental delays, families should be empowered to be active participants in their child's monitoring and care. Resources for families can be found on CDC's website: <https://www.cdc.gov/zika/parents/families-of-newborns-affected-zika.html>.

Resources of interest

- Updated Interim Guidance for the Diagnosis, Evaluation, and Management of Infants with Possible Congenital Zika Virus Infection — United States, October 2017: https://www.cdc.gov/mmwr/volumes/66/wr/mm6641a1.htm?s_cid=mm6641a1_w
- CDC Zika virus website: <http://www.cdc.gov/zika>
The most current information about Zika virus, including clinical and educational materials, can be found on CDC's Zika virus website.
- Zika Care Connect: <http://www.zikacareconnect.org>
This website houses a Healthcare Professional Network – a network of specialists knowledgeable about and able to provide healthcare services for patients with Zika, aligned with CDC's clinical guidance recommendations.

