

## Talk ZIKA: Healthcare Providers – Key Points to Discuss with Patients

**Pregnant women should not travel to areas with active Zika virus transmission**

**Persons who travel to or reside in an area with active Zika virus transmission and have a pregnant partner should correctly and consistently use condoms or abstain from sex for the duration of the pregnancy.**

### **Women of reproductive age planning to travel to active Zika areas:**

- ✓ Discuss pregnancy intention and reproductive options
- ✓ Preconception care should include a discussion (ideally before travel) on:
  - Mosquito bite prevention
  - Signs and symptoms of Zika virus infection
  - Effective contraceptive use
  - Potential risks associated with travel and Zika virus infection

### **Couples planning pregnancy following possible exposure to Zika virus:**

- ✓ Women should wait at least 8 weeks after symptom onset or last exposure to attempt conception
- ✓ Men should wait at least 6 months after symptom onset or last exposure to attempt conception

**All pregnant women should be assessed for possible Zika virus exposure (travel or sexual contact) at each prenatal care visit.**

### **Patients who should be tested:**

- ✓ Pregnant women with onset of one or more symptoms of acute Zika virus infection that occur within 2 weeks of exposure to Zika (travel or sexual contact)
- ✓ Asymptomatic pregnant women may be offered screening within 2-12 weeks after last exposure
- ✓ Women who become pregnant within 8 weeks (6 weeks prior to last menstrual period) after exposure
- ✓ Pregnant women who have sex without a condom with a partner with possible Zika virus exposure
- ✓ Persons who develop Zika symptoms after travel to an area with Zika or potential sexual exposure (to a person diagnosed with Zika or to a person that traveled to or lives in an area with Zika)
- ✓ Infants with microcephaly, intracranial calcifications, or brain or eye abnormalities detected prenatally or at birth after maternal exposure
- ✓ Infants whose exposed mother has confirmed or possible Zika virus infection

**Note:** Healthcare providers wishing to arrange testing for Zika virus should contact their local public health department for consultation.

**UPDATE:** Interim Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika Virus for Persons with Possible Zika Virus Exposure - United States, September 2016 (MMWR, September 30, 2016)

**UPDATE:** Interim Guidance for Prevention of Sexual Transmission of Zika Virus - United States, July 2016 (MMWR, July 25, 2016)

**UPDATE:** Interim Guidance for Health Care Providers Caring for Pregnant Women with Possible Zika Virus Exposure - United States, July 2016 (MMWR, July 25, 2016)