

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 \(MMWR, July 25, 2016\)](#)