



DATE:	3/30/2016
TO:	Health Alert Network
FROM:	Karen Murphy, PhD, RN, Secretary of Health
SUBJECT:	Updated CDC Recommendations on Timing of Pregnancy after Zika Exposure and Prevention of Sexual Transmission
DISTRIBUTION:	Statewide
LOCATION:	Statewide
STREET ADDRESS:	Statewide
COUNTY:	Statewide
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This transmission is a “Health Advisory”: provides important information for a specific incident or situation; may not require immediate action.

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EMS COUNCILS: PLEASE DISTRIBUTE AS APPROPRIATE

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The Centers for Disease Control and Prevention (CDC) released the following MMWR articles on March 25, 2016:

- **UPDATE: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016 (March 25, 2016)**
(http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s_cid=mm6512e2er_w)
Includes updated guidance for healthcare professionals for counseling patients about pregnancy planning and the timing of pregnancy after possible exposure to Zika virus.
- **UPDATE: Interim Guidance for Prevention of Sexual Transmission of Zika Virus – United States, 2016 (March 25, 2016)**
(http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s_cid=mm6512e3er_w)
Includes updated interim guidance for preventing sexual transmission with information about how long men and women should consider using condoms or not having sex.

CDC has summarized the updated recommendations in a media release:
<http://www.cdc.gov/media/releases/2016/s0325-zika-virus-recommendations.html>.

In brief, updated CDC recommendations for persons considering or planning a pregnancy are:

- For women and men who have been diagnosed with Zika virus or who have symptoms of Zika including fever, rash, joint pain or red eyes after possible exposure to Zika virus, CDC recommends healthcare providers advise:
 - Women wait at least 8 weeks after their symptoms first appeared before trying to get pregnant.
 - Men wait at least 6 months after their symptoms first appeared to have unprotected sex.
- For men and women without symptoms of Zika virus but who had possible exposure to Zika from recent travel or sexual contact, CDC recommends healthcare providers advise their patients wait at least 8 weeks after their possible exposure before trying to get pregnant in order to minimize risk.

Regarding prevention of sexual transmission of Zika, CDC recommends that men with a **pregnant partner** should use condoms every time they have sex or not have sex for the duration of the pregnancy. To be effective, condoms must be used correctly from start to finish, every time during sex. This includes vaginal, anal or oral (mouth-to-penis) sex. Furthermore:

- Couples with men who have confirmed Zika or symptoms of Zika should consider using condoms or not having sex for **at least 6 months** after symptoms begin. This includes men who live in and men who traveled to areas with Zika.
- Couples with men who traveled to an area with Zika but did not develop symptoms of Zika should consider using condoms or not having sex for **at least 8 weeks** after their return in order to minimize risk.
- Couples with men who live in an area with Zika but have not developed symptoms might consider using condoms or not having sex **while there is active Zika transmission in the area**.

Couples who do not want to get pregnant should use the most effective contraceptive methods that they can use consistently and correctly, and they should also use condoms to prevent the sexual transmission of Zika. Couples who are trying to get pregnant should consult with their healthcare provider.

CDC will continue to update its guidance related to Zika virus transmission and related health effects based on the accumulating evidence, expert opinion, and knowledge about the risk associated with other viral infections. For updates, visit: <http://www.cdc.gov/zika/index.html>.

Categories of Health Alert messages:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.

This information is current as of March 30, 2016, but may be modified in the future. We will continue to post updated information regarding the most common questions about this subject.