

## Health Update:

### Update 6: Zika Virus Infections – Updates on Recommendations Regarding Timing of Pregnancy After Zika Exposure and on Prevention of Sexual Transmission

March 30, 2016

This document will be updated as new information becomes available. The current version can always be viewed at <http://www.health.mo.gov>

The Missouri Department of Health & Senior Services (DHSS) is now using 4 types of documents to provide important information to medical and public health professionals, and to other interested persons:

**Health Alerts** convey information of the highest level of importance which warrants immediate action or attention from Missouri health providers, emergency responders, public health agencies or the public.

**Health Advisories** provide important information for a specific incident or situation, including that impacting neighboring states; may not require immediate action.

**Health Guidances** contain comprehensive information pertaining to a particular disease or condition, and include recommendations, guidelines, etc. endorsed by DHSS.

**Health Updates** provide new or updated information on an incident or situation; can also provide information to update a previously sent Health Alert, Health Advisory, or Health Guidance; unlikely to require immediate action.

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Health Update  
March 30, 2016

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ACTING DIRECTOR

**SUBJECT:** Update 6: Zika Virus Infections – Updates on Recommendations Regarding Timing of Pregnancy After Zika Exposure and on Prevention of Sexual Transmission

**NEW!** On March 25, 2016, the Centers for Disease Control and Prevention (CDC) released, *Update: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure - United States, 2016*, which is available at:

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s\\_cid=mm6512e2er\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s_cid=mm6512e2er_w)

This publication provides guidance for health care professionals for counseling patients about pregnancy planning and the timing of pregnancy after possible exposure to Zika virus. This guidance is based on limited available data on persistence of Zika virus RNA in blood and semen. Women who have Zika virus disease should wait at least 8 weeks after symptom onset to attempt conception, and men with Zika virus disease should wait at least 6 months after symptom onset to attempt conception. Women and men with possible exposure to Zika virus but without clinical illness consistent with Zika virus disease should wait at least 8 weeks after exposure to attempt conception. Possible exposure to Zika virus is defined as travel to or residence in an area of active Zika virus transmission (<http://www.cdc.gov/zika/geo/active-countries.html>), or sex without a condom with a man who traveled to or resided in an area of active transmission. Women and men who reside in areas of active Zika virus transmission should talk with their health care provider about attempting conception. This guidance also provides updated recommendations on testing of pregnant women with possible Zika virus exposure.

**NEW!** On March 25, 2016, CDC released, *Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus - United States, 2016*, which is available at:

[http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s\\_cid=mm6512e3er\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s_cid=mm6512e3er_w)

Recommendations included in this publication replace the previously issued recommendations and are updated to include time intervals after travel to areas with active Zika virus transmission or after Zika virus infection for taking precautions to reduce the risk for sexual transmission.

The recommendations for men who live in or travel to an area with active Zika virus transmission who have a pregnant partner remain the same, i.e., 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.

The updated guidance includes new timeframes for men and their non-pregnant partners based on the couple's situation, including whether the man lives in or has traveled to an area with active Zika virus transmission and whether he develops symptoms of possible Zika infection. 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.

### **For More Information**

- Current information from CDC on Zika, including countries and territories with active Zika virus transmission, is available at:  
<http://www.cdc.gov/zika/index.html>
- CDC guidance for health care providers is available at:  
<http://www.cdc.gov/zika/hc-providers/index.html>
- Links to previous Health Advisories/Updates on Zika sent by the Missouri Department of Health and Senior Services (DHSS) are available at:  
<http://health.mo.gov/emergencies/ert/alertsadviosories/index.php>

### **Questions Regarding This Health Update**

Missouri health care providers and public health practitioners: For questions regarding Zika testing of patients, please contact DHSS' Bureau of Communicable Disease Control and Prevention, Monday through Friday, 8:00AM to 5:00PM, at 573-751-6113; after hours/weekends, 800-392-0272 (24/7). For all other questions, contact DHSS' Office of Veterinary Public Health, Monday through Friday, 8:00AM to 5:00PM, 573-526-4780; after hours/weekends, 800-392-0272 (24/7).