

Zika Information

Zika virus can be spread from a pregnant woman to her fetus. Fetal infections with Zika have been linked to serious birth defects, including microcephaly. Detailed information about Zika, its transmission, its risks and ways to prevent mosquito bites can be found at www.cdc.gov/zika

A pregnant woman is at risk of contracting the Zika virus if she travels to an area of active Zika transmission, or if she has sex (vaginal, anal or oral) with a male partner who is infected with Zika and is not using condoms consistently and correctly.

The following groups should consider postponing travel to active Zika transmission zones:

- 1) Pregnant women and their sexual partners
- 2) Sexually active women of childbearing age (ages 15-44) who are not using effective contraception and their sexual partners

Anyone planning travel to an active Zika transmission zone should strictly follow steps to prevent mosquito bites during the trip.

If you are a sexually active woman of childbearing age you should talk to your provider about starting an effective form of contraception prior to traveling to a Zika transmission zone.

Symptoms of Zika infection include rash, fever, arthralgias (joint pains) and conjunctivitis (pink eye)

For pregnant patients: If you have traveled to an active Zika transmission zone within the last 3 months, you should be tested for the Zika virus within 2-12 weeks of your last exposure (from the time you returned from your trip). If your male sexual partner has traveled to an active Zika transmission zone, he should either use condoms consistently and correctly or you should not have sex with him (vaginal, anal or oral) for the duration of the pregnancy. If either you or your partner develops symptoms of Zika (see above), you should be tested for the virus.

For non pregnant patients: If your male sexual partner has confirmed Zika infection or symptoms of Zika infection (see above) you should consider abstaining from sex (vaginal, anal or oral) or using condoms consistently and correctly for at least 6 months after the onset of illness. If your male sexual partner traveled to an active Zika transmission zone, but did not develop symptoms of Zika, you should use the same precautions for at least 8 weeks after return from the area.

If pregnancy is conceived after the virus has cleared from the maternal blood, there is no evidence that Zika virus will cause illness in the fetus. Women with Zika infection or those who may have been exposed to Zika should wait at least 8 weeks after the onset of symptoms or the last date of exposure before trying to conceive a pregnancy.

This information is based on the best information currently available. It will be updated as new information becomes available.

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