



### Health Advisory

## Zika Virus Update: Guidance on the Prevention of Sexual Transmission, Congenital Infections, and Local Transmission in Philadelphia

April 29, 2016

As local outbreaks of Zika virus continue in the Caribbean and South/Central America, area healthcare providers should discuss travel plans with patients, advise pregnant women and those planning to become pregnant to cancel travel to Zika-endemic areas (<http://www.cdc.gov/zika/geo/>), and provide guidance on the prevention of mosquito-borne and sexually-transmitted Zika infections to those who travel. To date, two travel-associated Zika infections have occurred among Philadelphia residents in 2016.

**Prevention of Sexual Transmission and Congenital Infections:** On March 25, 2016, the Centers for Disease Control and Prevention (CDC) updated guidance on the prevention of sexually-transmitted Zika infections. Since Zika virus may persist in semen for several weeks, providers should counsel patients who traveled to a Zika-endemic country and their partners to use condoms consistently and appropriately during sex (i.e., vaginal intercourse, anal intercourse, or fellatio) or abstain from sex. The duration of these precautions will vary depending on which partner traveled, whether s/he developed symptoms, or if the female partner is pregnant (Table). The updated guidance also extends to wait times for conception if either partner has traveled to or resides in a Zika-endemic area (Table). Healthcare providers should also discuss strategies to prevent unintended pregnancy, including use of the most effective contraceptive methods that can be used correctly and consistently by patients. For more information, visit [www.cdc.gov/zika/hc-providers/index.html](http://www.cdc.gov/zika/hc-providers/index.html).

**Table. Prevention of Sexual Transmission of Zika Virus and Family Planning Considerations**

Patient Gender	Patient Zika Symptoms / Exposure <sup>a</sup>	Patient Pregnancy Status (females)	Partner Characteristics Zika Symptoms / Exposure <sup>a</sup> and Pregnancy Status	Duration of Precautions <sup>b</sup> / Wait Time for Conception
Male	Symptomatic or asymptomatic with exposure	--	Pregnant partner	Duration of pregnancy
	Symptomatic	--	Non-pregnant partner regardless of gender	6 months
	Asymptomatic with exposure	--	Non-pregnant partner regardless of gender	8 weeks
Female	Regardless of symptoms or exposure	Pregnant	Symptomatic male or asymptomatic male with exposure	Duration of pregnancy
	Symptomatic or asymptomatic with exposure	Not pregnant	No symptoms or exposure	8 weeks
	No symptoms or exposure	Not pregnant	Symptomatic male	6 months
	No symptoms or exposure	Not pregnant	Asymptomatic with exposure	8 weeks

<sup>a</sup>Exposure defined as travel to a Zika-endemic country (<http://www.cdc.gov/zika/geo/>)

<sup>b</sup>Precautions include condom use or abstaining from sex and are ongoing if the male partner lives in an endemic country and is asymptomatic.

**Mosquito Bite Prevention for Returning Travelers:** Now through October, during Philadelphia's mosquito season, providers should advise returning travelers with suspected Zika infections to stay indoors and avoid mosquito bites for the first 7 days of illness to prevent possible local transmission. Asymptomatic returning travelers should continue to avoid mosquito bites especially during the three weeks after their return by using insect repellent, wearing long sleeves and pants when weather permits, removing standing water around their home, and staying in well-screened or air-conditioned areas. These measures are also recommended to prevent West Nile virus infection throughout our mosquito season.

**Zika Case Reporting and Testing:** Contact the Division of Disease Control at (215) 685-6742 during business hours to report suspected Zika cases and to arrange for testing of symptomatic patients and asymptomatic pregnant travelers. Within Pennsylvania, Zika virus testing is only available at CDC and requires local health department approval. Please provide patient demographics along with clinical, travel, arboviral disease and vaccine history. Additional reporting and testing guidance along with patient education materials are available at: <https://hip.phila.gov/>