



**LAC DPH Health Update:
Zika Virus Infection Update #4 - Updated CDC
Interim Guidance for Prevention of Sexual
Transmission and for Health Care Providers
Caring for Women of Reproductive Age**



March 25, 2016

*This message is intended for ob-gyn and prenatal care providers, pediatrics, internal medicine, family practice, urgent care, infectious disease, and emergency medicine health care providers.
Please distribute as appropriate.*

Key messages

- The Centers for Disease Control and Prevention (CDC) has updated its interim guidance for [prevention of sexual transmission](#) of Zika virus.
 - Couples in which a man has traveled to or resides in an area with active Zika virus transmission and **in which the woman is pregnant** should use condoms consistently and correctly or abstain from sex for the entire duration of the pregnancy.
 - For couples concerned about sexual transmission **in which the woman is not pregnant**:
 - If a man had confirmed Zika virus infection or traveled to an area with active Zika virus transmission and had symptoms consistent with Zika virus disease, consider using condoms or abstaining from sex for at least 6 months after onset of illness.
 - If a man *traveled to* an area with active Zika virus transmission but did not develop symptoms of Zika virus disease, consider using condoms or abstaining from sex for at least 8 weeks after departure from the area.
 - If a man *resides in* an area with active Zika virus transmission but has not developed symptoms of Zika virus disease, consider using condoms or abstaining from sex while active transmission persists.
- CDC also updated interim guidance for health care providers caring for [women of reproductive age](#), to provide **preconception counseling** recommendations:
 - Women who had Zika virus disease should wait at least 8 weeks after symptom onset to attempt conception.
 - Men with Zika virus disease should wait at least 6 months after symptom onset to attempt conception.
 - Women and men with possible Zika virus exposure but without clinical illness consistent with Zika virus disease should wait at least 8 weeks after exposure to attempt conception.
 - Women and men who reside in an area with active Zika virus transmission and do not have symptoms consistent with Zika virus disease and who desire pregnancy should talk with their health care providers.

Situation

Today CDC updated its guidance for preconception counseling to address the inquiries and concerns of health care providers. Guidance is based on expert opinion, the limited data available on Zika virus, and knowledge about risks for other viral infections in the preconceptional period. Updated guidance on prevention of sexual transmission is based on limited experience from the current outbreak, several case reports, and expert opinion. While one man had Zika viral particles detectable by PCR in his semen for 62 days after fever onset, the duration of persistence of infectious Zika virus in semen remains unknown.

For Zika consultation

Contact the Los Angeles County DPH ACDC:

- Weekdays 8:30 am-5:00 pm call 213-240-7941
- Non-business hours (evenings, weekends and holidays) call 213-974-1234. Ask for the physician on call.

Long Beach Health and Human Services:

- Week days 8-5PM call 562-570-4302
- After hours call 562-435-6711 and ask for Communicable Disease Lead

Pasadena Public Health Department:

- 626-744-6043

For laboratory consultation regarding Zika virus specimen types and collection

Contact the Public Health Laboratory:

- Weekdays during business hours call 562-658-1300
- Non-business hours (evenings, weekends and holidays) call 213-974-1234. Ask for the Public Health Laboratory Director.

Additional Resources on Zika Virus

LAC DPH

- Further information on Zika virus can be found at <http://publichealth.lacounty.gov/acd/VectorZika.htm>

CDC

- Zika homepage: <http://www.cdc.gov/zika>
- Update: Interim Guidance for Health Care Providers Caring for Women of Reproductive Age with Possible Zika Virus Exposure — United States, 2016: http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s_cid=mm6512e2er_w
- Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, 2016: http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s_cid=mm6512e3er_w
- CDC travel notices: <http://wwwnc.cdc.gov/travel/notices>
- CDC Zika slide-set and recorded webinar (with free continuing education credits) for providers: http://emergency.cdc.gov/coca/calls/2016/callinfo_012616.asp

Pan American Health Organization

- Zika virus homepage:
http://www.paho.org/hq/index.php?option=com_content&view=article&id=11585&Itemid=41688&lang=en

This Health Update was sent by Dr. Laurene Mascola, Chief, Acute Communicable Disease Control Program, Los Angeles County Department of Public Health.

Please visit our [LAHAN webpage](#) to view this and other communications.