

HEALTH ALERT

To: Infection Control – Crusader Community Health, Physician Immediate Care, Rockford Memorial Hospital, St. Anthony’s Medical Center, Rock River Valley Blood Center and SwedishAmerican Hospital; Emergency Preparedness Personnel; Emergency Department Directors; Infectious Disease Physicians

From: Todd M. Kisner, MPH - Director of the Center for Health Protection
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Date: 29 March 2016

RE: **Zika Virus Disease – CDC Updated Interim Guidance**

The Health Department would like to bring to the attention of our Health Care Partners the most current updated guidelines (March 25, 2016) published by the Centers for Disease Control and Prevention (CDC) for Zika Virus Disease.

1. Updated interim guidance for pregnant and reproductive age women and male partners

- A. 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.
- B. 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.

2. Updated interim guidance for preventing sexual transmission of Zika

- A. 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: CDC recommends that men with a pregnant partner should use condoms every time they have sex or abstain 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.
- B. The updated guidance includes new timeframes for men and their **non-pregnant partners**:
 - Couples with **men who have confirmed Zika or symptoms of Zika** should consider using condoms or abstain from 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 abstain from 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 abstaining from having sex while there is active Zika transmission in the area.

For more information on Zika Virus Disease, please visit: <http://www.cdc.gov/zika/index.html>.

Please share this information with your Prenatal Care Providers, Emergency Department and Clinical Staff.

Should you have any questions, please contact the Health Department at 815-720-4050.