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## Zika Virus and Trying to Get Pregnant

- **Women must wait 2 months** before attempting pregnancy after Zika exposure. Women may need to wait 6 months if treatment involves a surrogate.
- **Men must wait 3 months** before attempting to conceive after Zika exposure, as men are considered infectious during this period. Men may need to wait 6 months if treatment involves a surrogate.
- **Zika exposure = Travel to a Zika Risk Area on the CDC website.** \*List of areas is always changes. Please refer to the CDC website for most accurate list
- **Zika exposure = Unprotected intercourse with a partner who has been in a Zika Risk Area**
- **If you have plans to travel to a Zika Risk Area, please discuss this with our team to strategize your treatment plan. We want to explore options to avoid postponing your treatment cycle.**

### What is the Zika Virus?

Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. Not all infected people show symptoms, although the most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

### Why is it bad in Pregnancy?

Zika virus can be spread from a pregnant woman to her fetus and has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant. CDC recommends special precautions for pregnant women.

### Zika Testing

The CDC does not recommend Zika testing to rule out possible exposure, because the tests are not very accurate. In addition, many patients are asymptomatic after exposure. Therefore, the CDC recommends delaying conception and having protected intercourse.

### How is the Zika Virus spread?

- Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*) There are known areas where people have contracted Zika from mosquito bites. See these below in the **Travel Avoidance Areas**.
- Zika can be passed from a mother to her child either at the time of delivery if she is infected around the time of the birth or she can pass Zika virus to her fetus during pregnancy. To date there are no reports of a mother passing the virus to her baby through breast feeding.
- Zika virus can be spread by a man to his sex partners. The virus can be spread to sex partners before the man has symptoms, while he has symptoms and after he has symptoms. And the virus stays present in the semen for a long time, although a clear understanding of how long is not known at this time.
- Zika virus can be spread through blood transfusions

### What do I do to prevent getting the Zika Virus?

1. Delay Traveling to areas where Zika Virus is present (please refer to CDC website for most accurate list)

### **\*\*\*TRAVEL AVOIDANCE AREAS\*\*\***

**Africa:** Angola, Benin, Burkina-Faso, Burundi, Cameroon, Cape Verde, Central African Republic, Chad, Congo (Congo-Brazzaville), Côte d'Ivoire, Democratic Republic of the Congo (Congo-Kinshasa), Equatorial Guinea, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mali, Niger, Nigeria, Rwanda, Senegal, Sierra Leone, South Sudan, Sudan, Tanzania, Togo, Uganda

**Asia:** Bangladesh, Burma (Myanmar), Cambodia, India, Indonesia, Laos, Malaysia, Maldives, Pakistan, Philippines, Singapore, Thailand, Timor-Leste (East Timor), Vietnam

**The Caribbean:** Anguilla; Antigua and Barbuda; Aruba; The Bahamas; Barbados; Bonaire; British Virgin Islands; Cuba; Curaçao; Dominica; Dominican Republic; Grenada; Haiti; Jamaica; Montserrat; the Commonwealth of Puerto Rico, a US territory; Saba; Saint Kitts and Nevis; Saint Lucia; Saint Martin; Saint Vincent and the Grenadines; Sint Eustatius; Sint Maarten; Trinidad and Tobago; Turks and Caicos Islands; US Virgin Islands

**Central America:** Belize, Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Panama

**North America:** Mexico, USA: recent areas of risk: South Florida and Texas

**The Pacific Islands:** Fiji, Marshall Islands, Papua New Guinea, Samoa, Solomon Islands, Tonga

**South America:** Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Peru, Suriname, Venezuela

2. Pregnant women or women trying to get pregnant and their sexual partners should strictly follow steps to prevent mosquito bites. ( See Prevention of Mosquito Bites below)
3. Women who have Zika Virus or have possible exposure to Zika Virus should wait 2 months after the last date of exposure or onset of any symptoms before attempting to get pregnant.
4. Males that have the Zika Virus or have possible exposure to the Zika Virus should wait 3 months after the last date of exposure or onset of any symptoms before attempting reproduction.
5. If the male partner lives or travels to an area with Zika, you should use Condoms EVERY TIME you have sexual intercourse or do not have sex during pregnancy.

#### **How do I Prevent against Mosquito Bite?**

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.
- **Repellant:** Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.
  - **DEET**
  - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin. Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
  - **Oil of lemon eucalyptus (OLE) or PMD** (Products containing OLE include Repel and Off! Botanicals)
  - **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)

*“When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.”*

- Always follow product directions and reapply as directed.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.
  - Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Consider using permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
  - Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions carefully.
  - Do **not** use permethrin directly on skin

Please refer to for the most updated ZIKA recommendations: <https://www.cdc.gov/zika/areasatrisk.html>

I have read the CDC updated locations and recommendations.

I have read and understand the information and risks associated with Zika. I acknowledge that I am responsible for notifying SDFC of my travel plans and possible Zika exposure.

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Patient Name

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Patient Signature

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Date

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Patient Name

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