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UPDATED HEALTH ADVISORY: ZIKA VIRUS

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The San Francisco Dept. of Public Health (SFPDH) provides this guidance based on current information. Recommendations may change, and SF recommendations may differ from those issued by the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH).

WHAT HAS CHANGED - CDC has updated its guidance for preventing sexual transmission of Zika virus and for preconception counseling of women and couples seeking to conceive.^{1,2}

ACTIONS REQUESTED OF ALL CLINICIANS

- Counsel pregnant women in any trimester** to postpone travel to Zika virus transmission areas. Those with a male partner who traveled to or resided in areas with ongoing Zika virus transmission should use condoms consistently and correctly or abstain from sex (oral, anal, or vaginal) for the entire pregnancy.
- Counsel non-pregnant couples** on prevention of sexual transmission of Zika virus:
 - Men who had Zika infection or symptoms consistent with Zika infection should use condoms or abstain from sex for **at least 6 months after symptom onset**;
 - Men who were in a Zika transmission area but never developed symptoms should use condoms or abstain from sex for **at least 8 weeks after leaving the area**; those continuing to reside in the area should consider condom use or abstinence as long as active Zika transmission persists in the area.
- Counsel women seeking to attempt conception**:
 - Women with Zika virus infection should wait until **at least 8 weeks after symptom onset**
 - Women with Zika virus exposure but no consistent symptoms should wait **at least 8 weeks after the last date of exposure**; those continuing to reside in a Zika transmission area should discuss planning of pregnancy with their health care provider.
- Counsel travelers** to Zika transmission areas to adhere strictly to recommended mosquito bite precautions.
- Consider Zika testing per current CDC guidance.** Zika testing is recommended for pregnant women who have a clinical illness consistent with Zika disease during or within 2 weeks of being in a Zika transmission area. Testing is also recommended if there are findings of fetal/newborn microcephaly with a relevant history of maternal travel. Zika testing can be offered to asymptomatic pregnant women: (a) 2-12 weeks after their return from a Zika transmission area; or (b) who had unprotected sex with a male partner who resides in or traveled to a Zika transmission area and who had Zika symptoms during travel or within 2 weeks of return. Also, consider testing suspect cases of Zika virus infection for dengue and chikungunya viruses.
- Follow SFPDH-specific instructions if performing Zika testing.** See www.sfdcp.org/zika_providers. SFPDH Communicable Disease Control Unit (CDCU) is available for questions at (415) 554-2830.

Check for updates regularly as knowledge and guidance are evolving rapidly. We recommend:

www.cdc.gov/zika/ || www.cdph.ca.gov/HealthInfo/discond/Pages/Zika.aspx

www.cidrap.umn.edu/infectious-disease-topics/zika || www.sfdcp.org/zika_providers

¹ http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2er.htm?s_cid=mm6512e2er_w

² http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3er.htm?s_cid=mm6512e3er_w

Categories of urgency levels

Health Alert: conveys the highest level of importance; warrants immediate action or attention

Health Advisory: provides important information for a specific incident or situation; may not require immediate action

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action