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## HEALTH ADVISORY: ZIKA VIRUS AND TRAVEL

MARCH 29, 2017 (UPDATED FROM SEPTEMBER 20, 2016)

### SITUATIONAL UPDATE

**Epidemic Zika Transmission Areas** include **Mexico, most of Latin America, the Caribbean and Pacific Islands, Singapore, and several African countries.** CDC has issued “Travel Notices” for these nations and territories.<sup>1</sup> Guidance concerning travel, testing, timing of conception, and prevention of sexual transmission for travelers to/from these areas has not changed. Pregnant women should not travel to these areas.

**“Areas with Zika Risk”** (new CDC category) defines additional areas with potential for Zika transmission, where the virus was previously detected and may still be circulating. These areas include **Sub-Saharan Africa** and **Southeast Asia**. For these areas, CDC recommends:

- Pregnant women should not travel there. If travel is unavoidable, practice strict mosquito precautions
- All travelers to these areas should practice strict mosquito precautions and prevent sexual transmission during and after the trip
- Routine testing of pregnant women returning from these areas is not recommended unless they are symptomatic
- No clear guidance regarding timing of conception for men and women who have traveled to Areas with Zika Risk. The most cautious course of action is to follow the same guidance as for the countries with epidemic Zika transmission (6 months delay for male travelers and 8 weeks delay for female travelers); however, decision-making concerning timing of conception should be tailored to the individual patient situation.

See [wwwnc.cdc.gov/travel/page/zika-information](http://wwwnc.cdc.gov/travel/page/zika-information) for a full list of Areas with CDC Travel Notices and Areas with Zika Risk.

### ACTIONS REQUESTED OF ALL CLINICIANS

1. **Counsel travelers and/or their partners, and test pregnant women and returning travelers per CDC guidance.** Zika testing is recommended for individuals who develop illness consistent with Zika disease within 2 weeks after potential exposure, for asymptomatic pregnant women with potential exposure depending on the geography of exposure, and in circumstances of fetal/newborn abnormalities with a relevant history of maternal exposure. Testing is available through many commercial send-out labs. If commercial testing is not an option, testing can be ordered through the public health system. See: Zika Virus Counseling and Testing Table (attached) and/or refer to CDC webpages. **A testing algorithm for pregnant women is available here:** [www.cdc.gov/zika/pdfs/testing\\_algorithm.pdf](http://www.cdc.gov/zika/pdfs/testing_algorithm.pdf)
2. **If not ordering testing through your usual lab provider, follow detailed SFDPH-specific instructions when requesting Zika testing to be done through public health.** These instructions explain the time windows for testing for various groups. See [www.sfdph.org/zika\\_providers](http://www.sfdph.org/zika_providers) to download the updated instruction set.
3. **Contact SFDPH Communicable Disease Control Unit (CDCU) for questions at (415) 554-2830.**
4. **Check for updates regularly** as knowledge and guidance are evolving rapidly. We recommend:

|| [www.cdc.gov/zika](http://www.cdc.gov/zika) || [www.sfdph.org/zika\\_providers](http://www.sfdph.org/zika_providers) ||

|| [www.cdph.ca.gov/HealthInfo/discond/Pages/ZikaInformationforHealthProfessionals.aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/ZikaInformationforHealthProfessionals.aspx) ||

<sup>1</sup> Current US domestic locations with known Zika transmission include South Florida and Brownsville, TX. See <https://www.cdc.gov/zika/intheus/florida-update.html> and <https://www.cdc.gov/zika/intheus/texas-update.html>



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## ZIKA VIRUS COUNSELING AND TESTING TABLE (3/29/17)

Category of Traveler / Risk	Action Based on Travel Destination <sup>2</sup>	
	Areas with a CDC Travel Notice	Areas with Zika Risk (but no CDC Travel Notice)
All persons traveling to destination	Adhere strictly to recommended mosquito bite precautions. Use barrier methods to prevent sexual transmission.	
Pregnant women traveling to/from destination <sup>3</sup>	Avoid travel to destination. If travel is unavoidable, adhere strictly to mosquito bite precautions.	
	Routinely test for Zika upon return from destination, regardless of symptoms	Do not routinely test for Zika upon return from destination unless symptomatic
Pregnant women whose partner traveled to/from destination	Use condoms consistently and correctly, or abstain from sex (oral, anal, or vaginal) for the entire pregnancy.	
Men and non-pregnant women traveling to/from destination	Do not routinely test for Zika upon return from destination unless symptomatic	
Delay of conception for women with Zika exposure	Use condoms or abstain from sex for at least 8 weeks after last exposure or symptom onset	If had symptoms, use condoms or abstain from sex for at least 8 weeks after symptom onset. If never symptomatic, individually tailored recommendation
Delay of conception for men with Zika exposure	Use condoms or abstain from sex for at least 6 months after last exposure or symptom onset	If had symptoms, use condoms or abstain from sex for at least 6 months after symptom onset. If never symptomatic, individually tailored recommendation

<sup>2</sup> See <https://wwwnc.cdc.gov/travel/page/zika-information> for a comprehensive list of destinations

<sup>3</sup> <https://www.cdc.gov/zika/pregnancy/protect-yourself.html>