

Dutchess County Department of Behavioral & Community Health

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Public Health Update

Thursday, August 23, 2018 - 1pm

CDC UPDATES ZIKA PREVENTION GUIDANCE

Interim Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika Virus for Men

Exposure scenario	Recommendations (update status)
Only the male partner travels to an area with risk for Zika virus transmission and couple planning to conceive	The couple should use condoms or abstain from sex for at least 3 months after the male partner's symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic). (Updated recommendation)
Only the female partner travels to an area with risk for Zika virus transmission and couple planning to conceive	The couple should use condoms or abstain from sex for at least 2 months after the female partner's symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic). (No change in recommendation)
Both partners travel to an area with risk for Zika virus transmission and couple planning to conceive	The couple should use condoms or abstain from sex for at least 3 months from the male partner's symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic). (Updated recommendation)
One or both partners have ongoing exposure (i.e., live in or frequently travel to an area with risk for Zika virus transmission) and couple planning to conceive	The couple should talk with their health care provider about their plans for pregnancy, their risk for Zika virus infection, the possible health effects of Zika virus infection on a baby, and ways to protect themselves from Zika. If either partner develops symptoms of Zika virus infection or tests positive for Zika virus infection, the couple should follow the suggested timeframes listed above before trying to conceive. (No change in recommendation)
Men with possible Zika virus exposure whose partner is pregnant	The couple should use condoms or abstain from sex for the duration of the pregnancy. (No change in recommendation)

The full MMWR report with rationale for guidance update is available at:
https://www.cdc.gov/mmwr/volumes/67/wr/mm6731e2.htm?s_cid=mm6731e2_e

Pregnant women should still be counseled not travel to areas with risk of Zika. An interactive world map of current areas with risk of Zika can be found at <https://wwwnc.cdc.gov/travel/page/zika-travel-information>

Questions? Contact DBCH at (845) 486-3402 or visit Dutchessny.gov/Providers