

**Center for Policy, Planning and Evaluation Administration  
Division of Epidemiology–Disease Surveillance and Investigation**

**September 27, 2018**

**Health Notice for District of Columbia Health Care Providers  
Updated Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika**

**SUMMARY**

To date, there have been 36 cases of laboratory-confirmed Zika virus disease (ZVD) in the District of Columbia (DC), all of which have been travel-associated or sexually transmitted. As of September 5, 2018, states have reported a total of 5,723 cases of ZVD to the Centers for Disease Control and Prevention (CDC) since January 1, 2015. Of these, 5,437 were travel-associated, 231 were locally acquired mosquito-borne cases, 52 were sexually transmitted, 2 were laboratory acquired, and 1 was person-to-person through an unknown route. Locally acquired mosquito-borne transmission in the United States has only been documented in Florida and Texas. **In DC, there have been no reported cases of ZVD spread by local mosquitoes or through blood or tissue products (e.g., blood transfusion, sperm donation).**

In this notice, we describe [CDC's updated guidance](#) for preconception counseling and prevention of sexual transmission of Zika for men with possible Zika virus exposure. Please share this notice with all appropriate staff at your facility.

**UPDATED GUIDANCE**

- CDC now recommends that **men with possible Zika virus exposure** who are planning to conceive with their partner wait for **at least 3 months** (previously 6 months) after symptom onset or their last possible Zika virus exposure (if asymptomatic) before engaging in unprotected sex.
- Recommendations for **women with possible Zika virus exposure** who are planning to conceive remain unchanged. It is recommended that women should wait **for at least 2 months** after symptom onset or last possible Zika virus exposure (if asymptomatic) before engaging in unprotected sex.
- For couples who are not trying to conceive, men can consider using condoms or abstaining from sex for at least 3 months after symptom onset or their last possible Zika virus exposure (if asymptomatic) to minimize their risk of sexual transmission.
- Recommendations for men with possible Zika virus exposure whose partner is pregnant remain unchanged. These couples should be advised **to consistently and correctly use condoms during sex or abstain from sex for the duration of her pregnancy.**
- CDC continues to recommend shared patient-provider decision making, in which couples and health care providers work together to make decisions about timeframes regarding trying to conceive after possible Zika virus exposure.
- Other guidance for preconception counseling and prevention of sexual transmission of Zika virus after possible exposure remains unchanged.

### **REVIEW OF EXISTING TESTING PROCEDURES**

- **Any Zika positive result, regardless of where the testing was performed, is reportable to DC Health within 24 hours using our case report form on our [provider website](#).**
- Zika testing when indicated should be performed through commercial laboratories.
- Testing through DC PHL is available if there is concern for local transmission, transfusion or laboratory exposure, an individual with complicated illness such as Guillian-Barre syndrome, infants meeting testing criteria, or at risk and unable to pay for testing.
  - Please refer to the April 18, 2018 Health Notice found on our [health notices website](#) for further details.
  - Zika test requests and case reports should be submitted online via DC Reporting and Surveillance Center (DCRC) to DC Health found on our [provider website](#) for ZVD.
- For information on current Zika testing recommendations, please refer to our [provider website](#) for ZVD.

### **REVIEW OF ZVD SYMPTOMS AND SELECTED RECOMMENDATIONS**

- Clinical illness is consistent with ZVD if a patient has one or more of the following symptoms: acute onset of fever, rash, arthralgia, or conjunctivitis.
- CDC recommends that pregnant women avoid travel to any area with risk for Zika transmission.
- Pregnant women should use barrier contraception or abstain from sexual contact with sexual partners who have travelled to areas with the risk of Zika for the duration of the pregnancy, regardless of test results.
- Returning travelers from an area with active Zika transmission should wear insect repellent and avoid mosquito bites for three weeks to prevent local transmission and use condoms or abstain from sex to prevent sexual transmission, even if they are not sick

**Please contact the DC Health Division of Epidemiology–Disease Surveillance and Investigation at:  
Phone: 202-442-8141 (8:15am-4:45pm) | 844-493-2652 (after-hours calls)  
Fax: 202-442-8060 | Email: [zika.registry@dc.gov](mailto:zika.registry@dc.gov)**