



Arizona Center for Fertility Studies

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CDC Recommendations for Zika Virus

On September 30, 2016, CDC updated its [interim guidance](#)* at for pre-pregnancy counseling and prevention of sexual transmission of Zika. The updated guidance recommends that for people who do not live in an area with active transmission but who are considering pregnancy. *https://www.cdc.gov/mmwr/volumes/65/wr/mm6539e1.htm?s_cid=mm6539e1_w

- For **women**: use condoms or do not have sex (intercourse or oral) for **at least 8 weeks** after travel to an area with Zika (if she doesn't have symptoms) or for **at least 8 weeks** from the start of her symptoms (or Zika diagnosis).
- For **men**: use condoms or do not have sex (intercourse or oral) for **at least 6 months** after travel to an area with Zika (if he doesn't have symptoms) or for **at least 6 months** from the start of his symptoms (or Zika diagnosis). This period is longer for men because Zika stays in semen longer than in other body fluids.

Zika virus testing is not recommended for asymptomatic couples interested in attempting conception in which one or both partner has had possible exposure to Zika virus for the following reasons:

- A negative blood test or antibody test could be falsely reassuring. This can happen when:
 - The blood test is performed after the virus is no longer in the blood but could still be present in other bodily fluids (e.g., semen).
 - The antibody test is performed early after infection when the antibody levels are not yet high enough to be detected or later after infection when the antibody levels have fallen to undetectable levels.

Zika virus transmission through assisted reproductive technology has not been reported. However, transmission through gametes (sperm or egg) or embryos is theoretically possible. Recommendations for sexually intimate couples with Zika virus infection or possible Zika virus exposure undergoing fertility treatment with their own gametes and embryos should follow the testing and timing recommendations as described above; recommendations might need to be adjusted depending on individual circumstances.

FDA Guidance. Recommendations for living donors of human cells, tissues and human cell and tissue-based products: Donors should be considered ineligible if they were diagnosed with Zika virus infection, were in an area with active Zika virus transmission, or had sex with a male with either of those risk factors, within the past six months. Donors of umbilical cord blood, placenta, or other gestational tissues should be considered ineligible if they have had any of the above risk factors at any point during their pregnancy.

- A deferral period of six months was chosen because of the limited data available on the length of time the virus can persist in all tissues. Zika virus has been detected in tissues and body fluids after the virus is no longer detectable in the blood stream, and has been detected in semen possibly up to 10 weeks after the onset of symptoms. Given the uncertainty, six months was determined to provide the appropriate level of caution.

Please contact FDA or visit www.fda.gov if you have any additional questions about human cell/tissue donor guidance

Please contact your healthcare provider or state/local health department if you have further questions. The phone number for the Arizona Health Department is (602) 542-1025

State or Territorial Health Departments <http://www.cdc.gov/mmwr/international/relres.html>

CDC continues to evaluate all available evidence and update our recommendations as new information becomes available. For more information, visit <https://www.cdc.gov/zika/>

To stay up-to-date on CDC's response to Zika and pregnancy, you can sign up for updates from the Reproductive Health: Emergency Preparedness and Response for Pregnant Women and Newborns listserv via gov-delivery: <https://public.govdelivery.com/accounts/USCDC/subscriber/new>.

Zika Travel Health Notices: <http://wwwnc.cdc.gov/travel/notices>

Zika and Pregnancy

<http://www.cdc.gov/zika/pregnancy/index.html>

<http://www.cdc.gov/zika/pregnancy/travel-health-notices.html>

<http://www.cdc.gov/zika/hc-providers/index.html>

CDC Health Alert Network (HAN) advisory for Zika virus

<http://emergency.cdc.gov/han/han00385.asp>

About Zika Virus Disease: <http://www.cdc.gov/zika/about/index.html>

Areas with Zika: <http://www.cdc.gov/zika/geo/index.html>

Information for Specific Groups:

<http://www.cdc.gov/zika/specific-groups.html>

For Healthcare Providers:

<http://www.cdc.gov/zika/hc-providers/index.html>

Communication Resources

<http://www.cdc.gov/zika/comm-resources/index.html>