

HEALTH UPDATE



Public Health
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REGION IV PUBLIC HEALTH

Clark, Cowlitz, Skamania, Wahkiakum
counties and Cowlitz Tribe

TO: Physicians and other Healthcare Providers

Please distribute a copy of this information to each provider in your organization.

Questions regarding this information may be directed to the following Region IV health officers:

Alan Melnick, MD, MPH, CPH

Clark County Public Health, (360) 397-8412

Skamania County Community Health, (509) 427-3850

Jennifer Vines, MD, MPH

Cowlitz County Health & Human Services, (360) 414-5599

Wahkiakum County Health & Human Services, (360) 795-6207

Alert categories:
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; no immediate action necessary.

HEALTH UPDATE

October 5, 2016

Interim Guidance for Preconception Counseling and Prevention of Sexual Transmission of Zika Virus for Persons with Possible Zika Virus Exposure



Summary

The Centers for Disease Control and Prevention (CDC) has released revised guidance for couples considering pregnancy after possible exposure to the Zika virus. Their guidance for women has not changed (women are encouraged to wait at least 8 weeks after symptom onset or last possible exposure) but **they are now recommending that men (regardless of symptoms) wait at least 6 months after symptoms start or last possible exposure before attempting conception with a partner.** Previously, CDC had recommended a shorter timeframe for men without symptoms. The CDC advises that couples with possible Zika virus exposure who are not pursuing pregnancy but want to minimize their risk for sexual transmission of Zika virus should use effective contraceptive methods, i.e., male/female condoms.

Resources for Washington Providers

Visit the **Washington Department of Health** Zika Resources for Healthcare Providers and Clinic Labs webpage for up to date information on:

- Criteria for Zika testing through the public health lab
- Specimen collection instructions and submission form
- Detailed laboratory ordering guidance (under Forms and Documents)

Link: <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/ZikaVirus/healthcareprovidersClinicallabs>

For all cases meeting the testing criteria, complete a **Zika Virus Intake Form for Healthcare Providers** and fax to your LHJ. **Submissions must be pre-approved by your LHJ prior to submitting specimens** to Washington Public Health Laboratories.

Link: <http://www.doh.wa.gov/Portals/1/Documents/5410/ZikaVirusIntakeForm.pdf>

Links to CDC guidance

- <http://www.cdc.gov/zika/pregnancy/women-and-their-partners.html>
- http://www.cdc.gov/mmwr/volumes/65/wr/mm6539e1.htm?s_cid=mm6539e1_w

Thank you for your partnership.

LHJ	Phone	Fax
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Cowlitz County Health Department:	(360) 414-5599	(360) 425-7531
Skamania County Community Health:	(509) 427-3850	(509) 427-0188
Wahkiakum County Health and Human Services:	(360) 795-6207	(360) 795-6143

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