Zika Virus

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OBSTETRICAL CONCERNS

• Evidence supports link between ZikaV infection and adverse pregnancy outcomes:
  • Pregnancy loss
  • Microcephaly
  • Brain and eye abnormalities

• However, much is not known about ZikaV in pregnancy
Obstetrical concerns: unknowns

Uncertainties include:

- Incidence of infection among pregnant women in areas of Zika transmission
- Rate of transmission from mother to fetus
- Rate of microcephaly or fetal death
Studies

- French Polynesia study suggested rate of microcephaly 1% if mothers infected in 1st trimester of pregnancy
- Brazil: 29% of fetuses of Zika infected mothers in all trimesters had:
  - Stillbirth
  - Growth retardation
  - Other ultrasound abnormalities besides microcephaly
Preventive measures

• Pregnant women or women planning to get pregnant should delay travel to areas where Zika outbreaks are active

• Avoiding exposure: if traveling to areas where Zika has been reported, avoid mosquito bites

• DEET and Permethrin use safe during pregnancy
Reproductive counseling

• Prevention of unintended pregnancies in face of Zika outbreak reduces congenital infections

• Effective contraception should be considered if traveling to or living in areas with local Zika transmission
Effective contraception

• Abstinence or use Long acting reversible methods: intrauterine devices, Nexplanon
• Always use condoms
• Hormonal contraceptives: pill, Nuvaring
Sexual transmission

• Risk of sexual transmission if exposed to semen of males with Zika infection

• Pregnant women whose partners have Zika infection or traveled to Zika areas should use condoms or abstain for pregnancy duration
Guide to pre pregnancy counseling

- Women diagnosed with ZikV should wait 8 weeks after onset of symptoms before becoming pregnant.
- Men diagnosed with ZikV should wait 6 months before attempting pregnancy.
- Asymptomatic men and women exposed should wait 8 weeks.
Breastfeeding

- Presence of ZikaV in breast milk has been reported
- Unlikely to be harmful to newborn
- Benefits of breast feeding outweigh risks
- Therefore, it is recommended that women continue breastfeeding
Urge Congress to fund Zika Prevention

- Mosquito season is nearly here
- We do not know how to cure or treat Zika
- But we know how to slow the spread
- The US needs to act immediately to stop Zika from spreading in the US