

Health advice for women returning from areas with active Zika virus transmission

This leaflet contains:

1. General advice and information for women returning from areas with active Zika transmission who are pregnant or who are planning a pregnancy
2. Advice for pregnant women who are diagnosed with Zika virus
3. Advice for pregnant women whose baby is thought to be affected

Background

Zika virus infection is caused by a virus that is transmitted by a particular type of mosquito. Zika virus was first isolated from a monkey in the Zika forest in Uganda in 1947. Infection in humans was first reported in 1952.

In October 2015, Brazilian authorities reported an apparent increase in the number of babies born with a condition called 'microcephaly' (babies with a smaller head than expected, which is associated with reduced brain development). This occurred at the same time as a Zika virus outbreak in Brazil, suggesting a possible link between the increase in microcephaly and the Zika virus. The link between microcephaly with Zika virus is not yet proven, but there is strong and growing evidence to support a link between Zika virus infection in pregnant women and microcephaly and other developmental problems in their babies.

How the virus spreads

Zika virus is spread by the bite of an infected female *Aedes* mosquito, most commonly *Aedes aegypti*. The mosquito that transmits the virus is not found in the UK. Therefore, if a person acquires Zika virus abroad and becomes ill on their return to the UK, the risk to the wider population is considered negligible.

Some cases of male-to-female sexual transmission have been reported, but the risk of sexual transmission is thought to be low.

Zika virus does not spread by social contact, for example kissing, hugging, or shaking hands.

Areas affected by active Zika virus transmission

Areas with active Zika virus transmission are considered to be countries or territories with confirmed locally-acquired cases (mosquito transmission only) within the last 2 months.

The list of countries can be found on the [European Centre for Disease Control \(ECDC\)](#) website and is best looked at online because it is updated frequently.

Zika virus symptoms

After an infected mosquito bites someone, the first symptoms of Zika virus infection can develop in 3 days, but can be up to 12 days in some people.

The majority of people infected have minimal symptoms or no symptoms. For those with symptoms, [Zika virus generally causes a mild, short-lived illness \(2-7 days\)](#). Typical symptoms include:

- fever
- rash
- joint pain (sometimes with tissue swelling, around the ankles and other joints)
- conjunctivitis/red eyes
- muscle pain
- headache
- pain behind the eyes
- generalised itching

The symptoms of Zika virus infection can be similar to [dengue](#) (caused by a related virus) or [chikungunya](#), illnesses which often occur in the same areas as Zika virus. Laboratory tests may not be necessary or possible for all patients with suspected Zika virus infection, because the virus is difficult to detect once symptoms have resolved, and in people who have never had symptoms.

For the vast majority of people, Zika virus infection is a very mild disease. However, apparent increases in birth defects (particularly microcephaly), and other neurological and immune conditions, such as Guillain-Barré syndrome, are being reported in areas where there is active Zika virus transmission.

The links between these conditions and Zika virus are not yet proven, but evidence to support a link is growing as a result of investigations in affected countries. Further information about these findings is available from the World Health Organization.

Treatment for Zika virus

There is no specific treatment for Zika virus infection; supportive care and relief of symptoms are the standard treatment.

Vaccination for Zika virus

There is currently no vaccine to prevent Zika infection. The best way to avoid Zika virus infection is by avoiding mosquito bites. www.gov.uk/government/publications/mosquito-bite-avoidance-for-travellers

1. Advice for women and their partners returning from areas with active Zika virus transmission who are pregnant, or planning a pregnancy

Advice for women who have recently been to an affected country and suspect they have the virus

The symptoms of Zika virus infection can be similar to other mosquito-borne infections, such as dengue, chikungunya and malaria, and also more common infections seen in pregnancy that are not related to travel, so medical assessment is essential for the correct diagnosis.

Anyone who has recently returned from an area with active Zika transmission and has a fever, rash or flu-like illness, should seek medical attention without delay to exclude Zika and other, more serious, mosquito borne diseases such as malaria, as well as more common illnesses that may include rash and fever. Travel history should be mentioned to the GP or midwife.

Women should avoid becoming pregnant while travelling in an area with active Zika virus transmission. On returning to the UK, they should avoid becoming pregnant for a further 28 days.

Advice for pregnant women recently returned from an affected country who have not experienced symptoms

Any woman who is worried should contact their GP or midwife. They will advise on what assessments are required; these might include ultrasound scanning and a blood sample for testing.

If a male partner has been to a Zika-affected country

If a female partner is pregnant, condom use is advised for a male traveller to reduce the risk of transmission during travel and for the duration of the pregnancy.

If a female partner is at risk of getting pregnant, or is planning pregnancy, effective contraception is advised to prevent pregnancy AND condom use is advised for a male traveller to reduce the risk of transmission during travel and:

- for 28 days after his return from an active Zika transmission area if he has not had any symptoms compatible with Zika virus infection
- for 6 months following the start of symptoms if a clinical illness compatible with Zika virus infection or laboratory confirmed Zika virus infection was reported

PHE may revise this advice as more information becomes available. Anyone with concerns regarding potential sexual transmission of Zika virus should contact their GP for advice.

Testing for Zika virus

The GP or midwife will ask questions about symptoms and travel history. They will advise whether further assessments are needed, including laboratory tests. Depending on when symptoms occurred, currently available laboratory tests may not be able to identify Zika virus infection.

The GP or midwife will also discuss ultrasound scanning. Some women may also require referral to a Fetal Medicine Unit.

Duration of virus infection and implications for couples

It is thought that for most women, the virus will only be present while they have symptoms. In the follow up of a man diagnosed with Zika infection, virus was detected in the semen two months later. As a precaution, six months of effective contraception and condom use is currently advised for couples where the man had symptoms suggestive of Zika virus infection and the woman is at risk of getting pregnant or is planning pregnancy. As an extra precaution, if the man is the partner of a pregnant woman, it is advised that condoms are used during the initial illness *and* for the remaining duration of the pregnancy, regardless of whether he had symptoms or not.

Level of risks to a baby from testing

Blood samples and ultrasound scans are often taken during pregnancy as part of routine care. There are no risks to a pregnant woman or the baby from these procedures.

2. Advice for pregnant women who are diagnosed with Zika virus infection

Positive laboratory test result for Zika virus infection – what it means

If a pregnant woman requires a laboratory test for Zika virus infection and the result is positive or inconclusive, they will be referred to their local specialist Fetal Medicine Unit and a consultant will advise on next steps. If a problem with their baby's development is detected, they may be offered a further test called 'amniocentesis'. This procedure involves removing a small sample of amniotic fluid from the womb so the cells it contains can be tested.

Before the woman has amniocentesis, a healthcare professional will explain the procedure, including why they think it's necessary and the benefits and risks of this test.

The potential risks to a baby from Zika virus infection

If someone has been diagnosed with the virus, this does not necessarily mean the virus has affected the baby. They will be cared for and monitored throughout their pregnancy by the Fetal Medicine Unit and their midwife.

3. Advice for pregnant women whose baby is thought to be affected

Diagnosing microcephaly during pregnancy

Severe microcephaly may be detected around 18-20 weeks into the pregnancy, but less severe microcephaly can be difficult to detect. Ultrasound scans in the third trimester (last three months of the pregnancy) are more useful. After an initial scan, periodic scans are recommended and if there are concerns, a pregnant woman may be referred to a Fetal Medicine Unit for more specialised care. Other problems in developing babies have been described in association with Zika virus infection and sometimes these can be detected on an ultrasound scan.

Treatment and follow up

There is currently no specific treatment for Zika virus infection. Expert care and advice are available through the Fetal Medicine Unit throughout pregnancy and beyond, via general practice surgeries, midwives and health visitors.

For further advice

A GP surgery or midwife should be the first point of contact for anyone who has been to a Zika affected country and needs advice. Further information can also be found at www.nhs.uk.

Travel advice can be found at NaTHNaC's website www.travelhealthpro.org or Health Protection Scotland websites [TRAVAX](#) and [fitfortravel](#).

First published: March 2016

© Crown copyright 2016

version 1. Uncontrolled when printed

Re-use of Crown copyright material (excluding logos) is allowed under the terms of the Open Government Licence, visit www.nationalarchives.gov.uk/doc/open-government-licence/version/3/ for terms and conditions.

This document provides supporting information and should not take the place of a face to face consultation with a GP or midwife.