

Counseling Female Clients about Risk of Zika Infection in Areas WITHOUT Local Transmission

Evaluating current and future risk

Ask questions like:

1. Have you traveled to or lived in an area with active Zika transmission in the past 8 weeks? (Review map to determine.)
2. Are you having sex (including vaginal, anal, or oral sex or the sharing of sex toys), or have you had sex in the past 8 weeks, with a person who is at risk for spreading Zika?
(Consider the following probes.)
 - ▶ If any male sex partner traveled to or lived in an area with Zika in the 6 months prior to sex
 - ▶ If any female sex partner traveled to or lived in an area with Zika in the past 8 weeks
 - ▶ Whether the client used, or is using, a condom, every time with any potentially exposed partner
3. If “yes” to either being in an area with Zika or having sex without a condom with a person at risk of Zika:
 - ▶ Did you have any of the following symptoms of Zika infection within 2 weeks of anytime you might have gotten Zika?
 - Fever
 - Joint pain
 - Rash
 - Red eyes
4. Do you, or any person you have sex with, plan to travel to or live in an area with Zika?

Educating Clients

See **Client Handouts #1 and #2 (for women)** and #3 (for men) for plain language and images to use when educating clients about the key messages. These handouts also serve as take-home materials for clients. Provide a handout on correct use of condoms (male or female).



Recommendations

- ▶ If a female partner is exposed to Zika through travel or sexual activity, regardless of symptoms, she should delay attempts at conception and should use condoms to prevent sexual transmission for at least 8 weeks after symptoms start or last possible exposure.
- ▶ If a male partner is exposed to Zika through travel or sexual activity, regardless of symptoms, the couple should delay attempts at conception and should use condoms to prevent sexual transmission for at least 6 months after symptoms start or last possible exposure.
- ▶ Female clients who could become pregnant and who might (or whose partner might) travel to an area with Zika should consider CDC recommendations regarding use of condoms and avoiding conception after possible Zika exposure. If travel is planned, provide information about Zika prevention, including strategies to prevent mosquito bites.

Job Aid #3, continued

- ▶ Females with no identified past or future risk for Zika should be provided with basic information about the virus, its transmission, and preventive strategies. In addition, providers should also offer usual family planning services in accordance with the *Providing Quality Family Planning Services* (2014) recommendations.
- ▶ Females and their partners with symptoms within 2 weeks of an exposure should be tested for Zika virus. CDC does not recommend testing of asymptomatic men or women for the purpose of establishing that they are not infected with Zika or at risk of sexually transmitting Zika. This is because a negative test result may be falsely reassuring. Whereas a positive Zika test result indicates the definitive need to delay pregnancy, a negative test result cannot be used to establish the absence of risk.