Individuals living in areas of the United States that do not have local, mosquito-borne transmission of Zika can be infected if they or their partner(s) travel to an affected area. Counsel clients with potential risk for Zika as follows:

1. Using contraception consistently and correctly can prevent pregnancy and the risk of pregnancy complications and birth defects associated with Zika. This should be considered in the context of women’s feelings and plans about future pregnancy.

2. For individuals planning conception in the near future, consider avoiding non-essential travel to areas with active mosquito-borne Zika transmission (see the following CDC website for updated affected areas: https://wwwnc.cdc.gov/travel/page/zika-information).

3. Wait to attempt conception if a woman or her partner(s) has possible exposure to Zika through sex or travel, according to CDC recommendations.
   - CDC recommendations for attempting conception are to wait at least 8 weeks after symptoms start or last possible exposure for women and 6 months after symptoms start or last possible exposure for men.

4. Consider CDC recommendations for timing of conception after potential Zika exposure if a woman or her partner(s) is planning travel to an area with Zika.

5. To protect partner(s) against sexually transmitted Zika, persons with recent travel to an area with mosquito-borne Zika should use condoms (male or female) according to CDC recommendations, regardless of whether other contraception is being used.

6. When visiting areas with Zika virus transmission, the following steps can help to prevent Zika infection:
   - Use condoms (and other barriers to protect against infection) when having sex.
   - Wear long-sleeved shirts, long pants, and socks.
   - Stay and sleep in places with air conditioning and window and door screens.
   - Sleep under a mosquito bed net if unable to close windows and doors.
   - Use Environmental Protection Agency (EPA) registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol or 2-undecanone. Clients should also continue to use insect repellent for 3 weeks after leaving an area with Zika.
   - Wear permethrin-treated clothing.