



Zika Exposure and Pregnancy

I've gleaned this from 30 pages of CDC and American College of OB/GYN literature. Unfortunately, they recommend 6 months wait when a man is potentially exposed, since virus has been found in semen for that period. So use mosquito repellent, wear long pants and shirts and sleep under a mosquito net if possible if you are travelling in areas with Zika presence.

Women Who Desire Pregnancy:

Both women who are diagnosed with Zika virus disease and asymptomatic women with possible exposure to Zika virus should wait at least 8 weeks from symptom onset or exposure to attempt pregnancy. Their male partners with possible Zika virus exposure, regardless of symptom status, should wait to attempt pregnancy until at least 6 months after symptom onset (if symptomatic) or last possible Zika virus exposure (if asymptomatic). This advice means that those living in areas with ongoing transmission of Zika virus may decide to delay pregnancy. Those who are not planning such delay should talk with their health care providers. Obstetrician-gynecologists and other health care providers should counsel patients on the risks of Zika virus as part of their pregnancy planning and counseling. This should include counseling about the potential consequences to the fetus associated with Zika virus infection during pregnancy, such as microcephaly and other serious brain abnormalities. Health care providers should stress the use of mosquito prevention strategies while attempting pregnancy and during pregnancy.

Suggested timeframe to wait before trying to get pregnant	
Possible exposure via recent travel or sex without a condom with a partner infected with Zika	
Women	Men
Wait at least 8 weeks after symptoms start or last possible exposure	Wait at least 6 months after symptoms start or last possible exposure

<http://www.cdc.gov/zika/pregnancy/women-and-their-partners.html>

Routine Zika virus testing is not currently recommended for women or men with possible Zika virus exposure without clinical illness who are attempting pregnancy.

Signs and symptoms of Zika virus disease include one or more of the following signs or symptoms: acute onset of fever, rash, arthralgia (inflammation of the joints, causing pain), conjunctivitis (inflammation or swelling of the conjunctiva; pinkeye).