

# Advanced Reproductive Center

## Zika Virus

The below information is based off of the Center for Disease Control's (CDC) website. The most up to date information can be found on the CDC website at <http://www.cdc.gov/zika/>.

Zika virus is a mosquito-borne flavivirus. It is primarily transmitted by *Aedes aegypti* mosquitoes. Infection with Zika virus is asymptomatic in an estimated 80% of cases. When Zika virus causes illness, symptoms are generally mild and self-limited. Currently, no vaccine or medication exists to prevent or treat Zika virus infection. Persons residing in or traveling to areas of active Zika virus transmission should take steps to prevent Zika virus infection through prevention of mosquito bites.

Recent evidence suggests an association between maternal Zika virus infection and adverse fetal outcomes, such as congenital microcephaly (problems with brain development), as well as a possible association with Guillain-Barré syndrome. Infection with the virus usually occurs through a mosquito bite but can occur through blood transfusion and sexual contact. Therefore, it is recommended that anyone trying to conceive or who is pregnant avoid travel to any Zika affected area and/or avoid sexual relations with anyone that has traveled to a Zika affected area.

The list of Zika affected areas is evolving rapidly. To see a current list of affected areas please go to <http://wwwnc.cdc.gov/travel/page/zika-travel-information>. If travel to an affected cannot be avoided then precautions should be made to decrease the risk of mosquito bites. CDC recommendations on mosquito bite prevention can be seen at <http://www.cdc.gov/zika/prevention/index.html>.

At the Advanced Reproductive Center minimizing risks to you and your offspring is of paramount concern. If you or your partner may have been exposed to the Zika virus (including traveling to an area of active Zika virus transmission) or has the Zika virus the CDC recommends the following precautions:

Women who have Zika disease symptoms should wait at least 8 weeks after symptoms appear, and men should wait 3 months, before attempting reproduction.

Women with possible exposure to, but not showing symptoms of, Zika should wait at least 8 weeks after last possible exposure, before attempting reproduction.

Men with possible exposure to, but not showing symptoms of, Zika should wait at least 3 months after last possible exposure, before attempting reproduction.

Our understanding of the Zika virus is rapidly evolving and while following the CDC guidelines will likely minimize the risks of having an affect offspring they may not eliminate the risk. Since the above guidelines may change as new information regarding the virus is obtained, if you or your partner may have had or been exposed to the Zika virus we recommend that you avoid conception and consult the CDC website regarding their latest recommendations before resuming attempts to conceive.

I have read, and understand the above. I have had the opportunity to ask questions and all of my questions have been answered to my satisfaction. I understand that I should consult the CDC website in order to obtain the most up to date information on Zika virus and recommendations to minimize the chance of having an affect child.

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Signature

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Date