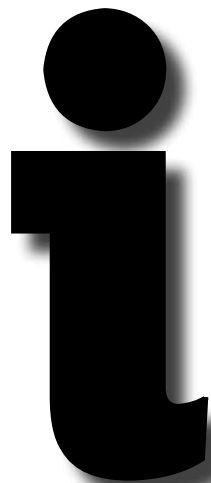


Zika virus and fertility treatment (page 1 of 3)



What is Zika virus?

Zika is a mosquito-borne infection caused by Zika virus.

It was first isolated from a monkey in the Zika forest in Uganda in 1947.

Have you been to any of the following countries?

Public Health England (PHE) has defined countries with active Zika virus transmission as those with confirmed locally acquired cases (caused by the bite of infected arthropod species, such as mosquitoes, ticks, triatomine bugs, sandflies, and blackflies) within the last 9 months. These are consistent with the list of countries and areas provided by the European Centre for Disease Control (ECDC) and are:

- American Samoa
- Angola
- Anguilla
- Antigua and Barbados
- Argentina
- Aruba
- Bahamas
- Bangladesh
- Barbados
- Belize
- Bolivia
- Bonaire
- Brazil
- British Virgin Islands
- Cambodia
- Cayman Island
- Cape Verde
- Colombia
- Cook Island
- Costa Rica
- Cuba
- Curaçao
- Dominica
- Dominican Republic
- Easter Island
- Ecuador
- El Salvador
- Fiji
- Florida
- French Guiana
- French Polynesia
- Gabon
- Grenada
- Guadeloupe
- Guatemala
- Guyana
- Haiti
- Honduras
- Indonesia
- Jamaica
- Laos
- Malaysia
- Maldives
- Marshall Islands
- Martinique
- Mexico
- Micronesia
- Montserrat
- New Caledonia
- Nicaragua
- Palau
- Panama
- Papua New Guinea
- Paraguay

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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- Peru
- Philippines
- Puerto Rico
- Saba
- Saint Barthélemy
- Saint Kitts and Nevis
- Saint Lucia
- Saint Martin
- Saint Vincent and the Grenadines
- Samoa
- Singapore
- Sint Eustatius
- Sint Maarten
- Solomon Islands
- Suriname
- Texas
- Thailand
- Tonga
- Trinidad and Tobago
- Turks and Caicos Islands
- US Virgin Islands
- Vanuatu
- Venezuela
- Vietnam

Signs and symptoms

Most people infected with Zika virus have no signs or symptoms.

For those with symptoms, Zika virus usually causes a mild, short-lived (2 to 7 days) febrile (feverish) disease. Convulsions (fits) due to a raised temperature can be seen. Typical signs and symptoms include:

- a fever
- joint pain (with possible swelling mainly in the smaller joints of the hands and feet)
- rash, sometimes itchy
- conjunctivitis/red eyes
- headache
- muscle pain
- eye pain.

Transmission

Zika virus is mainly transmitted by the bite of an infected female mosquito of the *Aedes* genus.

Other species of insects may also have the potential to transmit this virus.

After an infected mosquito bites a human, the first symptoms of Zika usually develop in 3 to 12 days but it can be shorter or longer in some people.

Sexual transmission

In a limited number of cases the virus has been shown to be present in semen, although it is not known how long this persists after an infection. A small number of cases of sexual transmission of Zika virus have been reported. Transmission of the virus from a female to a male has also been reported.

Transmission from mother to fetus

There is increasing evidence of transmission from mother to fetus via the placenta and it is thought to possibly cause fetal microcephaly, poor fetal brain development and long term disability.

Current advice regarding risk of sexual transmission after travel to high risk areas

If a female partner is at risk of getting pregnant, or is already pregnant, condom use is advised for a male traveller:

- for 8 weeks after his return from an active Zika transmission area if he has not had any signs or symptoms of a Zika virus infection
- for 6 months following recovery if an illness thought/confirmed to be Zika virus infection
- the duration of the pregnancy if he is the partner of a pregnant woman.

This is a precaution and may be revised as more information becomes available.

Zika virus, conception and fertility treatment

The British Fertility Society advises that:

1. a person who has travelled to an area where Zika virus is present should not try to conceive naturally, donate gametes or proceed with fertility treatment for at least 8 weeks after their return to the UK.
2. a person who has had a known Zika virus infection should not try to conceive naturally, donate gametes or proceed with fertility treatment for at least 6 months after their return to the UK – see more on the British Fertility Society website www.britishfertilitysociety.org.uk

Zika virus and gamete donation

Currently we do not accept women as egg donors, or men as sperm donors for at least 6 months, if they have travelled to an area where Zika virus is present.

Blood tests for Zika virus

The Zika virus testing service is not available for people who have had no symptoms suggestive of Zika virus.

Investigations of patients with current or previous signs and symptoms need to be carried out within 7 days of the onset of symptoms [14 days for a urine test].

Keeping up to date

Given the evolving situation, up to date information about Zika can be found on the UK Government's website: www.gov.uk

The following websites contain further information (search for Zika on the organisation's website):

World Health Organization: www.who.int

Centres for Disease Control and Prevention: www.cdc.gov

Royal College of Gynaecologists: www.rcog.org.uk

British Fertility Society: britishfertilitysociety.org.uk