

U.S. Department of State Department Notice
April 1, 2016
The Office of Medical Services

Zika: Updated Guidance and New Information for
Employees and Family Members

The CDC has updated its interim guidance related to Zika virus transmission and related health effects. The updated guidance includes new recommendations that may be pertinent to employees and family members planning to travel to any of the countries listed by the CDC as having active local transmission of Zika virus (see below). Prior to traveling, employees and family members should fully review this information that includes:

1. New interim guidance for pregnant and reproductive age women, available at [CDC Media Release](#), that provides recommendations about how long men and women should consider using condoms or not having sex if one partner has been diagnosed with Zika virus or has symptoms of Zika; have had possible exposure to Zika from recent travel or sexual contact; or who live in an area with active Zika transmission.
2. Recommended time intervals for taking precautions to reduce the risk of sexual transmission after travel to areas with active Zika virus transmission or after Zika virus infection ([Update: Interim Guidance for Prevention of Sexual Transmission of Zika Virus — United States, 2016](#)). The updated guidance includes new timeframes for considerations of condom use or not having sex for men and their non-pregnant partners based on the couple's situation, including whether the man lives in or has traveled to an area with active Zika virus transmission and whether he develops symptoms of possible Zika infection.
3. Differentiation of risk within affected countries based upon altitude. The CDC now considers travel that is limited to elevations higher than 6562 feet (2000 meters) above sea level to have minimal (approximately 1%) likelihood for mosquito-borne Zika virus transmission, even within countries reporting active transmission. Current Level 2 Zika Travel Alerts have been modified to indicate that travelers whose itineraries are limited to areas above this elevation, including pregnant women or women who are trying to become pregnant, are at minimal risk of getting Zika from a mosquito. This includes the cities of Mexico City, La Paz, Bogota, and Quito.

As of March 30, 2016, destinations having current Zika-related Level 2 Travel Alerts are: American Samoa, Aruba, Barbados, Bolivia, Bonaire, Brazil, Cape Verde, Colombia, Costa Rica, Cuba, Curacao, Dominica, the Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Marshall Islands, Martinique, Mexico, New Caledonia, Nicaragua, Panama, Paraguay, Puerto Rico, Sint Maarten, Saint Martin, Saint Vincent and the Grenadines, Samoa, Suriname, Tonga, Trinidad/Tobago, the U.S. Virgin Islands and Venezuela. CDC Travel Alerts can be accessed directly at [CDC Traveler's Health](#).

All employees who are planning travel or TDY to one of these destinations are advised to contact the MED Travel Medicine Clinic at medtravelclinic@state.gov, or telephone 202-663-3974 during regular working hours, for consultation and for answers to any questions.

Comprehensive information regarding Zika and risks to travelers is posted on the [CDC Zika web page](#).