Public Health Achievements in 2016

What We’ve Done

- Issued travel guidance to warn pregnant women not to travel to areas with Zika
- Published clinical guidance for the care of pregnant women and infants
- Implemented mosquito control strategies and built evidence for best practices
- Established Zika pregnancy surveillance systems
- Monitored blood safety and availability
- Developed & distributed laboratory testing kits and reagents
- Improved access to full range of reversible birth control methods to decrease unintended pregnancy

What We’ve Learned

- Zika can cause microcephaly and serious fetal brain defects
- Among women with infection in the first trimester of pregnancy, birth defects were reported in 11% of completed pregnancies
- Zika can lead to a spectrum of outcomes, called congenital Zika syndrome, among infants exposed in utero
- Zika can be spread through sex
- Zika is linked to Guillain-Barré syndrome and severe neurologic illness

Key Future Priorities

- Continue to protect pregnant women & infants from Zika
- Collaborate to accelerate vaccine development
- Develop improved diagnostics that can distinguish flaviviruses
- Develop and implement improved mosquito control strategies and capacities
- Better understand long-term outcomes for infants exposed to Zika in utero
- Improve access to birth control methods to reduce unintended pregnancies

What People Can Do To Prevent Zika

- If you’re pregnant, don’t travel to areas with Zika
- If you’re pregnant and living in or must travel to an area with Zika, prevent mosquito bites by wearing long sleeves and long pants, and using insect repellent containing EPA-registered ingredients
- If you might have been exposed to Zika and your partner is pregnant, wear a condom or do not have sex during pregnancy
- If you’re thinking about pregnancy, wait at least 8 weeks (for females) or at least 6 months (for males) after exposure before trying to conceive
- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water, where mosquitoes can lay eggs

What Healthcare Providers Can Do

- Screen all pregnant women for possible exposure to Zika (e.g., their or their partner’s travel history)
- Test pregnant women with possible exposure, regardless of symptoms
- Follow CDC’s guidance for pregnant women and infants with possible exposure
- Counsel men and women of reproductive age about the importance of planning pregnancy and the timeframes to wait after possible exposure before trying to conceive