



INTERNATIONAL
OLYMPIC
COMMITTEE

Medical and Scientific Department

Health update and recommendations for travellers (adapted from WHO interim guidance issued on 6 September 2016)

Based on growing evidence that Zika virus can be sexually transmitted, the following is recommended:

1. In regions with active Zika virus transmission, health programmes should ensure that :

- a. All people (male and female) with Zika virus infection and their sexual partners (particularly pregnant women) receive information about the risks of sexual transmission of Zika virus.
- b. Men and women also get counselling on safer sexual practices, and be offered condoms. The consistent use of condoms is essential to prevent sexually transmitted infections, including human immunodeficiency virus (HIV), and unwanted pregnancy.
- c. Sexually active men and women be correctly counselled and offered a full range of contraceptive methods to be able to make an informed choice about whether and when to become pregnant, in order to prevent possible adverse pregnancy and fetal outcomes.
- d. Women who have had unprotected sex and do not wish to become pregnant due to concerns about Zika virus infection have ready access to emergency contraceptive services and counselling.
- e. Pregnant women should practice safer sex or abstain from sexual activity for at least the whole duration of the pregnancy. Their partners should also be informed about this recommendation.

2. In regions with NO active Zika virus transmission, health programmes should ensure that :

- a. Men and women returning from areas where transmission of Zika virus is known to occur should adopt safer sex practices or consider abstinence for at least 6 months upon return to prevent Zika virus infection through sexual transmission.
- b. Couples or women planning a pregnancy, who are returning from areas where transmission of Zika virus is known to occur, are advised to wait at least 6 months before trying to conceive to ensure that possible Zika virus infection has cleared.**
- c. Sexual partners of pregnant women, returning from areas where transmission of Zika virus is known to occur, should be advised to practice safer sex or abstain from sexual activity for at least the whole duration of the pregnancy. Routine semen testing to detect is not recommended.

The latest travel advice and recommendations issued by WHO regarding Zika virus disease and travellers is available at:

http://apps.who.int/iris/bitstream/10665/204421/1/WHO_ZIKV_MOC_16.1_eng.pdf?ua=1

<http://www.who.int/ith/updates/20160621/en/>