

Appendix A: Q&As to Assist Health Departments

1. What is the effect of this update on US travelers?

All countries, territories, or subnational areas where there is a risk of Zika but no current outbreak will have the same CDC travel recommendation: **Pregnant women and couples planning to become pregnant within 3 months should work with their healthcare providers and carefully consider the risks and possible consequences of travel to areas with risk of Zika. This discussion needs to consider the potential delays in identifying an outbreak.**

Previous guidance recommended that pregnant women not travel to any area with risk of Zika. The updated guidance recommends that pregnant women and couples planning to become pregnant within 3 months talk to their healthcare providers to carefully consider the risks and possible consequences of travel to areas with risk of Zika. CDC continues to recommend that pregnant women not travel to any area experiencing a current Zika outbreak.

2. Why is CDC making this change?

Based on currently available data, the spread of Zika is no longer at the same high levels seen during the main outbreak period in the Americas during 2015 to 2017. The Centers for Disease Control and Prevention (CDC) is working with its global partners^[1] to understand and monitor current spread of Zika to the extent possible based on available data, and determine the best way to communicate this information. This includes careful consideration of

- Shifts in the level of active surveillance for mosquito-borne diseases in countries and territories around the world since the decline of the outbreak
- Evidence and potential for ongoing spread of Zika in countries and territories around the world, including the Caribbean
- Current Zika outbreaks in countries and territories around the world

While the epidemiology of spread has changed, the devastating impact of Zika during pregnancy remains a concern. One in seven babies born to women infected with Zika virus during pregnancy have a Zika-associated birth defect, a neurodevelopmental abnormality possibly associated with congenital Zika virus infection, or both. For this reason, CDC and its partners are proceeding cautiously and carefully to develop guidance appropriate for all travelers going to areas with risk of Zika, including pregnant women, their sexual partners, and couples trying to become pregnant.

3. Are CDC and global partners confident that surveillance of arboviral diseases in countries and territories is an accurate reflection of current Zika transmission?

Our information on the spread of Zika is not perfect and reporting may sometimes be delayed. Some countries are able to track, monitor, and report cases better than others. For this reason, we urge pregnant women and couples thinking of pregnancy within the next 3 months to talk to her HCP and carefully consider the risks and possible consequences of travel to areas with risk of Zika.

4. What is the difference between a Zika travel recommendation and a Zika travel notice?

Zika travel recommendations apply to all areas where Zika is a risk. The updated recommendation is that pregnant women and couples trying to become pregnant within 3 months should work with their healthcare providers to carefully consider the risks and possible consequences of travel to areas with risk of Zika. Zika travel notices are posted when Zika is newly introduced in an area or if there is a large outbreak in an area where Zika has been present for many years. The purpose of a travel notice is to raise awareness of a new or increased risk, and include the recommendation that pregnant women should not travel to these areas.

5. [What is added by the interactive World Map of Areas with Zika?](#)

The interactive map displays areas with a risk of Zika and areas with current Zika outbreaks and allows users to search for location-specific Zika risk information and recommendations. The interactive map also allows travelers and clinicians to see travel recommendations for particular national and subnational destinations.

6. [How will these updated recommendations affect pregnant women and couples trying to become pregnant travelling within the US states and territories?](#)

No local mosquito-borne Zika virus transmission has been reported in the continental United States in 2018 and 2019. For sub-national information on past or current reported locally-transmitted or travel-related Zika cases, visit [Zika Cases in the US](#) page.

7. [What is local \(transmission\) spread and what is an outbreak?](#)

Zika is primarily spread through mosquito bites. Mosquitoes get infected after biting an infected person. Infected mosquitoes can then bite a healthy person and spread the infection. Local spread or transmission of Zika virus occurs when both people and mosquitoes are infected in an area.

An outbreak occurs when an area experiences a higher than expected number of cases.

Appendix B: Summarized recommendations for updated World Map of Areas with Zika

- **Map update:** Country or territory with a current outbreak of Zika is shaded in red.
 - **CDC recommendation:** Pregnant women should not travel to any area experiencing a current Zika outbreak as indicated by red on the map. Partners of pregnant women and couples considering pregnancy should carefully consider the risks and possible consequences of travel to areas with a Zika outbreak and take the appropriate steps to prevent Zika infection.

 - **Map update:** Countries and territories that have ever reported locally acquired, mosquito-borne Zika cases (past or current) are shaded in dark purple.
 - **CDC recommendation:** Pregnant women and couples trying to become pregnant within the next 3 months should work with their healthcare providers to carefully consider the risks and possible consequences of travel to areas with risk of Zika as indicated by dark purple on the map. All travelers should prevent mosquito bites and sexual exposure to Zika virus when traveling to these areas.
 - We do not have accurate information on the current level of risk in these countries and territories. There may be delays in detection and reporting of new outbreaks.

 - **Map update:** Areas with low likelihood of Zika infection because of high elevation (above 6,500 feet/2,000 meters) are shaded in light purple.
 - There may be a risk of Zika in the respective country; however, areas shaded in pale purple are high-altitude areas where mosquitoes that can spread Zika usually do not live. Travelers, including pregnant women and their partners and couples considering pregnancy, who never go below 2,000 meters elevation have less chance of getting Zika from a mosquito.

 - **Map update:** Countries or territories with the vector and no reported local mosquito-borne spread of Zika are shaded in yellow.
 - **CDC recommendation:** All travelers should take precautions to prevent mosquito bites to reduce the risk of diseases spread by mosquitos.

 - **Map update:** Areas without the types of mosquitoes that spread Zika are shaded in green.
 - No Zika precautions recommended.
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