Updated Health Advice on Zika Virus Infection

Dear HKU members,

New evidence suggests Zika could be transmitted from asymptomatic males to their female partners, as well as from symptomatic females to their male partners. There is also longer shedding of Zika virus in semen.

The latest recommendation from the Centre for Health Protection (CHP) is as follows:

“The length of time for **safer sex practices or abstinence for males and females** returning from areas with active Zika virus transmission should be **at least six months**, regardless of whether they are showing symptoms”.

- Travellers should consider not having sex during travel to affected areas, or else condoms should be used
- Travellers returning from affected areas should consider abstinence from sex for at least 6 months upon return, or else condoms should be used
- Pregnant woman should not have sex with her partner who had travelled to affected areas, or else condom should be used throughout the pregnancy

**DEET-containing insect repellents** is an effective measure in preventing mosquito bites and it can be safely used by pregnant women and children aged 6 months or above.

For details about the use of insect repellents and the key points to be observed, please refer to 'Tips for using insect repellents' at [http://www.chp.gov.hk/en/view_content/38927.html](http://www.chp.gov.hk/en/view_content/38927.html)

Please keep alert on the Zika virus infection development. Travellers should adopt strict anti-mosquito measures and safe sex to prevent Zika virus infection during and after travelling from affected areas.


Best regards,

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