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Zika advice for Thailand updated for pregnant women

Pregnant women are advised to avoid travel to Thailand

Public Health England and NaTHNaC regularly review the transmission of Zika virus (ZIKV) in many countries around the world, and update guidance for travellers if appropriate. Following recent reports of Zika cases in travellers to Thailand [1] and review of available evidence, the [advice for pregnant women](#) travelling to Thailand has been upgraded. Pregnant women are advised to avoid travelling to Thailand until after the pregnancy.

Advice for travellers

All travellers should avoid mosquito bites day and night. ZIKV may be a mild infection and you might not notice symptoms.

If you are pregnant, you should postpone non-essential travel to Thailand until after pregnancy.

If travel is essential, be aware of the risk, be scrupulous with insect bite avoidance day and night and seek advice from your GP or midwife on return, even if you have not been unwell.

For couples considering pregnancy: consistent use of effective contraception and condoms (or other barrier methods) for vaginal, anal and oral sex during and after travel. These measures should be used even in the absence of symptoms while travelling and if:

- both partners travelled to Thailand, for 3 months after return or after last possible ZIKV exposure.
- male traveller only travelled to Thailand, for 3 months after return or after last possible ZIKV exposure.
- female traveller only travelled to Thailand, for 2 months after return or after last possible ZIKV exposure.

Advice for health professionals

[Risk categories of countries and areas](#) are subject to regular review and advice may change. Public Health England - [Zika virus: clinical and travel guidance](#) is available for health professionals undertaking pre-travel risk assessment and post travel management of the returned traveller.

Resources

- [Public Health England: Zika virus clinical and travel guidance](#)
- [Public Health England. Zika virus: country specific risk](#)
- [Zika in brief](#)
- [Zika - Risk Assessment](#)

References

1. [European Centre for Disease Protection and Control. Rapid Risk Assessment Zika virus transmission worldwide April 2019. \[Accessed 02 May 2019\]](#)