CDC's Response to **Zika**

Doctor's Visit Checklist: For Pregnant Women Who Traveled to an Area with Zika*

If you are pregnant and traveled to an area with Zika, you should talk to your doctor or other healthcare provider, even if you don't feel sick.

Bring this checklist to your visit to make sure you don't forget to discuss anything important.

Here are some topics and questions you may want to discuss with your doctor or other healthcare provider:

- ✓ When did you travel to an area with Zika?
  - » Where did you travel?
- ✓ In what trimester was your pregnancy when you traveled to an area with Zika?
- ✓ Did you have any symptoms of Zika during your trip or within 2 weeks of returning?
  - » The most common symptoms of Zika are fever, rash, joint pain, and red eyes.
- ✓ Should you be tested for Zika virus?
  - » If you have symptoms of Zika, testing for Zika should be done within 7 days of when the symptoms began.
  - » In some cases, if you do not have symptoms of Zika, testing for Zika can be offered.
- ✓ Do you need an ultrasound?
- ✓ Do you need to be referred to a maternal-fetal medicine specialist?
- ✓ How can you prevent sexual transmission of Zika virus?

* Check http://wwwcn.cdc.gov/travel/notices/ for the most up-to- date travel recommendations.

Resource List:

Areas with Zika Virus: http://wwwnc.cdc.gov/travel/page/zika-information
Facts About Microcephaly: http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html
Zika Virus and Pregnancy: http://www.cdc.gov/zika/pregnancy/index.html
Pregnant Women: How to Protect Yourself: http://www.cdc.gov/zika/pregnancy/protect-yourself.html
Zika Virus Prevention: http://www.cdc.gov/zika/prevention/index.html
Zika and Sexual Transmission: http://www.cdc.gov/zika/transmission/sexual-transmission.html

www.cdc.gov/zika

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