CDC's Response to **Zika**

# **Doctor's Visit Checklist:** For Pregnant Women Living in an Area with Zika*

Zika virus can pass from a pregnant woman to her fetus. Zika is linked to microcephaly, a severe birth defect that signals a problem with brain development. If you are pregnant and living in an area with Zika, you should talk to your doctor or other healthcare provider about Zika, even if you don't feel sick.

Use this checklist to make sure you and your doctor or other healthcare provider talk about these important questions.

**Here are some questions you may want to ask your doctor or other healthcare provider:**

- ✓ How can I prevent getting Zika virus during my pregnancy? How can I protect my family?
- ✓ How can I prevent sexual transmission of Zika virus?
- ✓ Should I be tested for Zika virus?
  - » If you have symptoms of Zika, you should be tested within 7 days of when your symptoms began. The most common symptoms of Zika virus are fever, rash, joint pain, and red eyes.
  - » In some cases, if you do not have symptoms of Zika, your doctor may still offer to test you.
- ✓ Do I need an ultrasound?
  - » Microcephaly can sometimes be diagnosed during an ultrasound (which creates pictures of the baby), but it might not be detectable until late in the second or early in the third trimester of pregnancy.
- ✓ Do I need to be referred to a high-risk obstetrics specialist?
  - » When an ultrasound finds microcephaly or other problems, consulting with a high-risk obstetrics specialist should be considered.
- ✓ Any other questions or concerns I have about Zika and my pregnancy?

* Not sure if your area has Zika? Check http://wwwnc.cdc.gov/travel/page/zika-information for the latest information.

For the most updated information about Zika and pregnancy, visit the CDC website: http://www.cdc.gov/zika/pregnancy/index.html

## 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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