

WHAT TO KNOW IF YOUR BABY MAY HAVE BEEN AFFECTED BY ZIKA BUT HAS NO RELATED HEALTH CONDITIONS AT BIRTH



As a parent of a new baby who may have been affected by Zika virus during pregnancy, you and your family may be worried and unsure of next steps in caring for your baby. Read on to learn more about the importance of tracking your baby's development and learn where you can go for help.

How Will Zika Virus Affect My Baby?

- Zika virus infection during pregnancy can cause microcephaly and other severe brain defects in babies, but not every pregnant woman infected with Zika will have a baby with a related health condition at birth.
- While we've learned a lot about Zika in a short time, many questions remain.
- We don't yet know all of the ways Zika virus infection during pregnancy might affect a baby, including problems that may not be obvious when a baby is born.
- We also don't know how often a baby will have problems linked to Zika if a woman is infected during pregnancy.
- Children affected by Zika may have lasting special needs. Acting early to get services could make a difference.

What Should I Do After My Baby is Born?

- **Work with your baby's doctor.**
 - » Because we are still learning about the longer term effects of Zika virus infection during pregnancy, it is important for you to work with your baby's doctors to manage his or her medical care.
- **Track your baby's development.**
 - » It's important to track your baby's development as he or she grows. Tracking development helps you know what your baby should be doing at certain ages and what to expect next. This will help you and your doctors identify any problems early and get your baby any needed services or support as soon as possible.

How Can I Best Support My Baby?

To help your baby get the early support and services that might be needed:

- **Keep regular appointments.**
 - » Take your baby for all recommended check-ups with their regular doctor or recommended specialists.
- **Track your baby's development.**
 - » Between check-ups, track your baby's development using developmental milestone checklists from CDC (www.cdc.gov/Milestones).
- **Share your concerns.**
 - » If you have concerns about your baby's development at any time, talk with your child's doctor, nurse, early intervention provider, or other healthcare provider. Don't wait. Acting early can make a real difference.
- **Contact early intervention services in your community.**
 - » Reach out to your state or territory's early intervention program to find out if your baby can get free or low cost services. Find contact information at www.cdc.gov/FindEI. **You do not need a doctor's referral or a medical diagnosis to have your baby evaluated for services.**



**Centers for Disease
Control and Prevention**
National Center on Birth Defects
and Developmental Disabilities

Where to Find Resources and Support

As a new parent of a baby who may have been affected by Zika virus during pregnancy, you and your family may be worried and unsure of next steps in caring for your baby. Thankfully, help is available.

The resources below can help you find more information about Zika, track your baby's development, and connect with other families for support.



FIND more information through:

- Your baby's regular doctor or a specialist whom your doctor recommends
- **Early Intervention Services**
www.cdc.gov/ncbddd/actearly/parents/states.html
- **CDC Zika Virus Website** | www.cdc.gov/zika
- Non-profit organizations
 - » **American Academy of Pediatrics**
Visit website: www.healthychildren.org
 - » **March of Dimes** | www.marchofdimes.org
 - » Ask questions:
www.marchofdimes.org/ask-us.aspx
 - » **The Parent Training and Information Center** in your state:
www.parentcenterhub.org/find-your-center



ACCESS regular pediatric and other health care through:

- Your baby's regular doctor
 - » The American Academy of Pediatrics recommends that babies and children be screened for general development using standardized, validated tools at 9, 18, and 24 or 30 months or whenever a parent or provider has a concern. Ask your baby's doctor about your baby's developmental screening.
- A specialist who your doctor recommends. Babies affected by Zika during pregnancy might benefit from seeing other healthcare providers who specialize in certain types of care, like eye problems, or child development.



TRACK your baby's development through:

- CDC's "Learn the Signs. Act Early." program. CDC offers free tools and resources to help parents and other caregivers keep track of their child's development and get help if they are concerned.
 - » Order a free Parent Kit:
www.cdc.gov/ActEarly/Orders
 - » See photos and videos of developmental milestones to help understand what most babies and children do by different ages:
www.cdc.gov/MilestonesInAction
 - » Download the Milestone Tracker app to monitor your child's milestones with easy-to-use checklists and get tips for encouraging your child's development:
www.cdc.gov/MilestoneTracker
 - » Download fact sheets on how to get help for your baby if you have concerns:
www.cdc.gov/Concerned
- The "Birth to Five: Watch Me Thrive" website:
www.hhs.gov/WatchMeThrive. This site has developmental screening resources for families, including a Developmental Screening Passport.



GET peer support from families of children with special healthcare needs through:

- Non-profit organizations
 - » **The Family Voices** affiliate or **Family-to-Family Health Information Center** in your state | Visit website: <http://familyvoices.org/affiliates/>
 - » **Parent to Parent-USA** | Visit website: www.p2pusa.org
 - » **Partnerships for Parents** | Visit website: <http://partnershipforparents.net>

Links to organizations outside of CDC are included for information only and do not indicate any form of endorsement or approval from CDC.

For a more complete list of resources for families, please visit

<https://www.cdc.gov/pregnancy/zika/family/links.html>

www.cdc.gov/zika