

Doctor's Visit Checklist:

For Pregnant Women Who Traveled to an Area with Risk of Zika*

If you are pregnant and might have been exposed to Zika, talk to your healthcare provider (even if you don't feel sick). You might have been exposed to Zika if:

- You or your sex partner have traveled to an [area with risk of Zika](#)* during your pregnancy, or
- You or your sex partner traveled to one of these areas before you became pregnant (up to 2 months for women, up to 3 months for men).



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

INFORMATION TO SHARE:

- When did you travel to an area with risk of Zika?
 - » Where did you travel?
 - » How long did you stay?
- In what trimester was your pregnancy when you traveled to an area with risk of 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, headache, joint pain, red eyes, and muscle pain.
- Did your partner travel to an area with risk of Zika?
 - » When and where did your partner travel?
 - » Did your partner have any signs or symptoms of Zika (including fever, rash, joint pain, red eyes, muscle pain or headache) when they were on the trip, or after returning?

QUESTIONS TO ASK:

- Should you be tested for Zika virus?
 - » Pregnant women with possible exposure to Zika virus should be tested for Zika infection, if they have symptoms.
- Do you need an ultrasound?
- Do you need to be referred to a maternal-fetal medicine specialist or a high-risk obstetrics specialist?
- How can you prevent sexual transmission of Zika virus?

Be sure to ask any other questions or mention concerns you may have about Zika and your pregnancy.

*Check <https://wwwnc.cdc.gov/travel/page/zika-travel-information> for the most up-to-date travel recommendations.

Resource List:

Areas with Zika Virus: www.cdc.gov/zika/geo/

Facts About Microcephaly: www.cdc.gov/ncbddd/birthdefects/microcephaly.html

Zika Virus and Pregnancy: www.cdc.gov/zika/pregnancy/index.html

Pregnant Women: How to Protect Yourself: www.cdc.gov/zika/pregnancy/protect-yourself.html

Mother-To-Baby Website: www.mothers-to-baby.org/

Zika Virus Prevention: www.cdc.gov/zika/prevention/index.html

Zika and Sexual Transmission: www.cdc.gov/zika/transmission/sexual-transmission.html



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