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.


**Resource List:**

- Facts About Microcephaly: [www.cdc.gov/ncbddd/birthdefects/microcephaly.html](http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html)
- Mother-To-Baby Website: [www.mothertobaby.org/](http://www.mothertobaby.org/)