Zika virus can pass from a pregnant woman to the fetus. Zika is linked to microcephaly, a severe birth defect that signals a problem with brain development. If you are pregnant and living in any area with risk of Zika, talk to your healthcare provider about Zika, even if you don’t feel sick.

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

Here are some questions you may want to ask your healthcare provider:

✓ How can I prevent Zika infection during my pregnancy? How can I protect my family?
✓ How can I prevent sexual transmission of Zika?
✓ Should I be tested for Zika?
✓ Do I need an ultrasound?
✓ Do I need to be referred to a high-risk obstetrics specialist or a maternal-fetal medicine specialist?

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

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

*Check wwwnc.cdc.gov/travel/page/world-map-areas-with-zika for the most up-to-date travel recommendations.

Resource List:

Areas with Risk of Zika Virus: wwwnc.cdc.gov/travel/page/world-map-areas-with-zika
Facts About Microcephaly: www.cdc.gov/ncbddd/birthdefects/microcephaly.html
Mother-To-Baby Website: www.mothertobaby.org/