

Video: Five Tips for Doctors to Help Babies Affected by Zika Virus

[Speaker]

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Doctor's Channel video script:

[Introduction]

Zika infection during pregnancy can cause severe health problems in babies, such as birth defects and nervous system problems. A recent study showed that about 1 in 7 babies born to mothers with possible Zika infection during pregnancy had a birth defect or other neurodevelopmental disability potentially related to Zika. Although we are still learning about the full spectrum of health outcomes related to Zika infection during pregnancy, we do know that some babies may develop long-term health problems as they grow, even if they appear healthy at birth. Therefore, continued monitoring and follow-up evaluation of babies born to mothers with possible Zika virus infection during pregnancy are crucial – and healthcare providers play a key role in these efforts.

[Action Steps]

Here are five tips for healthcare providers to help babies who are born to mothers exposed to Zika virus during pregnancy.

First, ask every mother about possible Zika exposure during pregnancy. If you identify that the mother may have been exposed to Zika during pregnancy, CDC recommends standard evaluation along with routine pediatric care and appropriate specialist referrals if identified findings are consistent with congenital Zika syndrome.

Second, share Zika virus test results with all healthcare providers caring for both mother and baby. This can help ensure that providers caring for both mother and baby are aware of possible Zika infection during pregnancy and can facilitate coordinated care.

Third, ask parents questions about their child's development at each well-child visit. Encourage parents and caregivers to track their child's development and share free resources, like CDC's Milestone Tracker app or the Milestone Moments booklet, available on CDC's "Learn the Signs. Act Early." webpage.

Fourth, provide recommended follow-up care and referrals, including early intervention services. When developmental concerns are identified, follow clinical guidelines and make referrals to specialty care, as clinically indicated.

Fifth, report health information about babies and young children born to mothers with possible Zika infection during pregnancy to your state, local, or territorial health department. Health information includes any birth defect and other neurodevelopmental disabilities potentially related to Zika and should be reported regardless of whether the baby appears healthy at birth.

[Closing]

Healthcare providers play a key role in ensuring that each baby born to a mother exposed to Zika during pregnancy gets the care he or she needs. Work together with parents to identify health problems early. Receiving recommended care and services can improve a child's ability to learn new skills and overcome challenges.

For more information, visit www.cdc.gov/pregnancy/zika.

Thank you.