**COUNSELING CONVERSATION GUIDE FOR HEALTHCARE PROVIDERS**

**FOR ASYMPTOMATIC PREGNANT WOMEN WHO WERE RECENTLY EXPOSED TO ZIKA BUT DO NOT HAVE ONGOING EXPOSURE**

This guide provides talking points for discussing why testing is not routinely recommended for asymptomatic pregnant women who were recently exposed to Zika (meaning they or their sex partner recently traveled to an area with risk of Zika) but do not have ongoing exposure. However, testing can be considered on a case-by-case basis depending on patient preferences, your clinical judgement, or if your state or local jurisdiction recommends it. This material includes sample scripts to guide discussions with your patients about why Zika testing is not recommended for asymptomatic pregnant women who do not have ongoing exposure. To increase patient understanding, it may be helpful to make additional information available to support messaging.

Pregnant women who may have been exposed to Zika may feel worried or anxious. Support them by providing them with clear and easy-to-understand information and expressing empathy by acknowledging their concerns and feelings during discussions.

### Recommendation

**Discuss with the patient why Zika testing is no longer routinely recommended for asymptomatic pregnant women without ongoing exposure**

### Sample Script

Thank you for coming in to discuss your concerns about possibly being exposed to Zika virus. Possible exposure means that you or your sex partner recently traveled to an area with risk of Zika.

As you may know, the Centers for Disease Control and Prevention (CDC) issues up-to-date recommendations for pregnant women possibly affected by Zika as more continues to be learned about the virus. Currently, routine Zika testing is not recommended for pregnant women if they don’t have ongoing exposure and do not have symptoms. The most common symptoms of Zika virus disease are fever, rash, joint pain, and red eyes.

Overall, the number of people with reported Zika infection in the Americas is decreasing. Testing people without symptoms when there is a smaller number of new cases occurring could increase the chances of test results being positive when they may actually be negative. This means the test might tell you that you have Zika when you actually don’t.

False positive test results are a concern. They may cause stress and anxiety and lead to me performing more tests and procedures than are necessary. Testing is typically recommended when it can provide us with valuable information for us to make informed decisions about care during your pregnancy. When more positive results will be false, we should only consider testing after discussing the possibility of false positive results and what this might mean for you.

What questions do you have?

- Consider providing the fact sheet [What You should Know about Zika Virus Testing for pregnant women without symptoms who were recently exposed to an area with risk of Zika but do not have ongoing exposure](#).

- If the patient still requests to be tested, refer to [What You Should Know About Zika Virus Testing for Pregnant Women with Symptoms of Zika](#) to guide them through the steps of the testing process.