

DOCTOR'S VISIT CHECKLIST:



For Pregnant Women Living in an Area with Zika

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 an area with Zika, you should 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 getting Zika virus during my pregnancy? How can I protect my family?
- ✓ How can I prevent sexual transmission of Zika virus?
- ✓ Should I be tested for Zika virus?
- ✓ Do I need an ultrasound?
- ✓ Do I need to be referred to a high-risk obstetrics specialist or a maternal-fetal medicine specialist?
- ✓ Any other questions or concerns I have about Zika and my pregnancy?

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

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

***Check wwwnc.cdc.gov/travel/notices 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.mothersbaby.org/

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

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



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