

# DOCTOR'S VISIT CHECKLIST:



## For Pregnant Women Who Traveled to an Area with Zika\*

If you are pregnant and have traveled to an area with Zika during your pregnancy or up to 8 weeks before becoming pregnant, you should talk to your healthcare provider, even if you don't feel sick.

Bring this checklist to your visit to make sure you don't forget to discuss anything important.



### 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 Zika?
  - Where did you travel?
  - How long did you stay?
- ✓ In what trimester was your pregnancy when you traveled to an area with 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, joint pain, and red eyes.
- ✓ Did your partner travel to an area with Zika?
  - When and where did your partner travel?
  - Did your partner have any signs or symptoms of Zika (including fever, rash, joint pain, or red eyes) 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, whether or not 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.

\*Check [wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices) for the most up-to-date travel recommendations.

### Resource List:

- Areas with Zika Virus: [www.cdc.gov/zika/geo/](http://www.cdc.gov/zika/geo/)
- Facts About Microcephaly: [www.cdc.gov/ncbddd/birthdefects/microcephaly.html](http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html)
- Zika Virus and Pregnancy: [www.cdc.gov/zika/pregnancy/index.html](http://www.cdc.gov/zika/pregnancy/index.html)
- Pregnant Women: How to Protect Yourself: [www.cdc.gov/zika/pregnancy/protect-yourself.html](http://www.cdc.gov/zika/pregnancy/protect-yourself.html)
- Mother-To-Baby Website: [www.mothers-to-baby.org/](http://www.mothers-to-baby.org/)
- Zika Virus Prevention: [www.cdc.gov/zika/prevention/index.html](http://www.cdc.gov/zika/prevention/index.html)
- Zika and Sexual Transmission: [www.cdc.gov/zika/transmission/sexual-transmission.html](http://www.cdc.gov/zika/transmission/sexual-transmission.html)



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