

# Doctor's Visit Checklist: For Pregnant Women Who Traveled to an Area with Zika\*



**If you are pregnant and traveled to an area with Zika, you should talk to your doctor or other 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 doctor or other healthcare provider:**

- ✓ When did you travel to an area with Zika?
  - » Where did you travel?
- ✓ 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.
- ✓ Should you be tested for Zika virus?
  - » If you have symptoms of Zika, testing for Zika should be done within 7 days of when the symptoms began.
  - » In some cases, if you do not have symptoms of Zika, testing for Zika can be offered.
- ✓ Do you need an ultrasound?
- ✓ Do you need to be referred to a maternal-fetal medicine specialist?
- ✓ How can you prevent sexual transmission of Zika virus?

\* Check <http://wwwnc.cdc.gov/travel/notices/> for the most up-to- date travel recommendations.

## Resource List:

Areas with Zika Virus: <http://wwwnc.cdc.gov/travel/page/zika-information>

Facts About Microcephaly: <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>

Zika Virus and Pregnancy: <http://www.cdc.gov/zika/pregnancy/index.html>

Pregnant Women: How to Protect Yourself: <http://www.cdc.gov/zika/pregnancy/protect-yourself.html>

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

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

