

Zika Virus Exposure Patient Self-Assessment Form



Zika is a virus in certain regions that spreads to people through two specific types of mosquito or through sex with an infected partner. Most people with Zika don't get sick, so they may not know they have it. Those who do get symptoms may have fever, rash, joint pain and/or red eyes. If a woman gets Zika and is pregnant or later becomes pregnant, the virus can cause birth defects. **The following questions will help identify your risk of Zika virus exposure and determine if follow-up care is needed.** Please answer to the best of your ability.

1. Have you recently traveled to...? (Select all that apply)

United States and Territories

- Florida American Samoa Puerto Rico U.S. Virgin Islands

Americas

- | | | | |
|--|--|----------------------------------|--|
| <input type="radio"/> Anguilla | <input type="radio"/> Colombia | <input type="radio"/> Guyana | <input type="radio"/> Saint Barthélemy |
| <input type="radio"/> Antigua and Barbuda | <input type="radio"/> Costa Rica | <input type="radio"/> Haiti | <input type="radio"/> Saint Lucia |
| <input type="radio"/> Argentina | <input type="radio"/> Cuba | <input type="radio"/> Honduras | <input type="radio"/> Saint Martin |
| <input type="radio"/> Aruba | <input type="radio"/> Curacao | <input type="radio"/> Jamaica | <input type="radio"/> Saint Vincent and the Grenadines |
| <input type="radio"/> The Bahamas | <input type="radio"/> Dominica | <input type="radio"/> Martinique | <input type="radio"/> Saint Eustatius |
| <input type="radio"/> Barbados | <input type="radio"/> Dominican Republic | <input type="radio"/> Mexico | <input type="radio"/> Saint Maarten |
| <input type="radio"/> Belize | <input type="radio"/> Ecuador | <input type="radio"/> Montserrat | <input type="radio"/> St. Kitts and Nevis |
| <input type="radio"/> Bolivia | <input type="radio"/> El Salvador | <input type="radio"/> Nicaragua | <input type="radio"/> Suriname |
| <input type="radio"/> Bonaire | <input type="radio"/> French Guiana | <input type="radio"/> Panama | <input type="radio"/> Trinidad and Tobago |
| <input type="radio"/> Brazil | <input type="radio"/> Grenada | <input type="radio"/> Paraguay | <input type="radio"/> Turks and Caicos |
| <input type="radio"/> British Virgin Islands | <input type="radio"/> Guadeloupe | <input type="radio"/> Peru | <input type="radio"/> Venezuela |
| <input type="radio"/> Cayman Islands | <input type="radio"/> Guatemala | <input type="radio"/> Saba | |

Oceania/Pacific Islands

- | | | |
|--|-------------------------------------|-----------------------------|
| <input type="radio"/> Papua New Guinea | <input type="radio"/> Fiji | <input type="radio"/> Samoa |
| <input type="radio"/> Kosrae, Federated States of Micronesia | <input type="radio"/> New Caledonia | <input type="radio"/> Tonga |
| <input type="radio"/> Marshall Islands | <input type="radio"/> Palau | |

Africa

- Cape Verde

Asia

- Singapore

- Other:** _____

- NONE OF THE ABOVE** (Skip to Question 4)

For a recent list of countries with Zika transmission, visit: <http://www.cdc.gov/zika/geo/active-countries.html>

2. If yes, please list the date you returned from your most recent trip: _____

Recently Traveled?

If you have traveled to a place where Zika virus is spreading, there is a chance you could have been infected. Ask your doctor about your Zika virus exposure. **Good questions to ask are:**

1. Should I be tested for Zika virus?
2. Do I need an ultrasound?
3. Do I need to see a specialist?
4. How can I prevent sexual transmission of Zika?

For a complete doctor's visit checklist, visit <http://www.cdc.gov/zika/pdfs/docvisit-checklist-travelpreg.pdf>



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3. Did you have any of these symptoms while traveling or within 2 weeks after you returned?

- Fever Rash
 Joint Pain Pink/red eyes
 No symptoms

⇒ **Zika Symptoms?**

If you have any of these symptoms, ask your doctor about testing for Zika virus infection.

4. In the past 6 months, have you had sex without a condom with someone who lives in or traveled to any of the countries listed in Question 1?

- Yes
 No

⇒ **Did You Know?**

Zika virus can be spread through sex. Ask your doctor about ways to prevent spreading Zika virus if you or your partner have been exposed.

5. Are you currently pregnant?

- Yes (Skip Questions 6 and 7)
 No

⇒ **Ask Your Doctor:**

If you are pregnant and answered yes to questions 1 or 4, you may have been exposed to Zika while pregnant or within the 8 weeks before conception. Ask your doctor about testing.

6. Would you like to become pregnant in the next 12 months?

- Yes
 No

⇒ **Planning for Pregnancy:**

Talk to your doctor about your risk of Zika and what you can do to prepare for pregnancy. This is a concept called "preconception health." Visit everywomanocalifornia.org to learn more.

7. Other than condoms, are you currently using any birth control methods?
(Select all that apply)

- Sterilization (you/partner)
 IUD
 Implant
 Injection
 Ring
 Patch
 Pill
 Sponge
 Cervical Cap
 Natural/Fertility Awareness
 None

⇒ **Avoiding Pregnancy:**

Ask your doctor about birth control methods that might be right for you. Visit Bedsider.org to learn about available methods.

Please return this form to your healthcare provider. If you have questions about Zika virus, please ask during your visit. Learn about Zika at <http://cdph.ca.gov/Zika>.