Zika Virus Exposure
Patient Self-Assessment Form

Zika is a virus that spreads to people in many parts of the world through mosquitoes or through sex with an infected partner. Most people with Zika don’t get sick, so they may not know they have it. If a woman gets Zika and is pregnant or becomes pregnant, the virus can cause miscarriage, stillbirth or severe 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 been to…?** *(Select and/or circle all that apply)*
   - United States and Territories
     - Puerto Rico
     - Brownsville, Texas
     - U.S. Virgin Islands
   - Mexico
   - Central America
   - South America
   - Caribbean Islands
     - Including: Aruba, The Bahamas, Barbados, British Virgin Islands, Cuba, Dominican Republic, Grenada, Haiti, Jamaica, Saint Kitts/Lucia/Martin/Vincent, Trinidad and Tobago, Turks and Caicos, etc.
   - Oceana/Pacific Islands
     - Fiji
     - Marshall Islands
     - Papua New Guinea
     - Samoa
     - Solomon Islands
     - Tonga
   - Africa
     - Angola
     - Congo (Congo-Brazzaville)
     - Ghana
     - Senegal
     - Benin
     - Cote d’Ivoire
     - Guinea
     - Sierra Leone
     - Burkina-Faso
     - Democratic Republic of the Congo
     - Guinea-Bissau
     - South Sudan
     - Burundi
     - Kenya
     - Sudan
     - Cameroon
     - Liberia
     - Tanzania
     - Cape Verde
     - (Congo-Kinshasa)
     - Mali
     - Togo
     - Central African Republic
     - Equatorial Guinea
     - Niger
     - Uganda
     - Chad
     - Gabon
     - Nigeria
     - Rwanda
   - Asia
     - Bangladesh
     - Laos
     - Singapore
     - Burma (Myanmar)
     - Malaysia
     - Thailand
     - Cambodia
     - Maldives
     - Timor-Leste (East Timor)
     - Indonesia
     - Pakistan
     - Timor-Leste (East Timor)
     - India
     - Philippines
   - Other: ___________________________
   - **NONE OF THE ABOVE** *(Skip to Question 4)*

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

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

If you have been to one of these areas, there is a chance you could be infected with Zika. If you are pregnant or have symptoms, you may need to be tested. Tell your doctor about your possible Zika virus exposure. For a complete doctor’s visit checklist, visit: http://www.cdc.gov/zika/pdfs/docvisit-checklist-travelpreg.pdf.

Tell your doctor about your trip and if you were bitten by mosquitoes:
1. How long did you stay?
2. What did you do? Outdoor activities?
3. How often did you use insect repellent?

**Good questions to ask your doctor are:**
1. Should I be tested for Zika virus?
2. How can I prevent sexual transmission of Zika?
3. What should I do if I plan to go to any of these areas?
3. Did you have any of these symptoms while traveling or within 2 weeks after you returned?

- Fever
- Joint Pain
- Headache
- No symptoms
- Rash
- Pink/red eyes
- Muscle Pain

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

4. In the past 6 months, have you had unprotected sex with someone who lives in or has been 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 Question 6)
- 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 www.everywomancalifornia.org to learn more.

7. Do you use condoms (male or female) or other barriers like dental dams every time, from start to finish, during vaginal, anal or oral sex?

- Yes, all the time
- Sometimes
- No

Protect Yourself:
If you are pregnant and answered yes to questions 1 or 4, either don’t have sex or practice safer sex by using condoms (male or female) and dental dams during all types of sex (vaginal, anal and oral).

8. Are you currently using any birth control methods? (Select all that apply)

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

Avoiding Pregnancy:
Ask your doctor about birth control methods that might be right for you. Visit www.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 www.cdph.ca.gov/Zika.

To print more forms, visit www.cdph.ca.gov/Zika and select the “Information for Health Professionals” tab.