



**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

**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

**5. Are you currently pregnant?**

- Yes (*Skip Question 6*)
- No

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

- Yes
- No

**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

**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

**Zika Symptoms?**

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

**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.

**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.

**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](http://www.everywomancalifornia.org) to learn more.

**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).

**Avoiding Pregnancy:**

Ask your doctor about [birth control methods](#) that might be right for you. Visit [www.bedsider.org](http://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](http://www.cdph.ca.gov/Zika).