



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.

Oceania/Pacific Islands

Fiji

Papua New Guinea

Solomon Islands

Marshall Islands

Samoa

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

(Congo-Kinshasa)

Kenya

Sudan

Cameroon

Equatorial Guinea

Liberia

Tanzania

Cape Verde

Gabon

Mali

Togo

Central African Republic

Gambia

Niger

Uganda

Chad

Nigeria

Rwanda

Asia

Bangladesh

Laos

Singapore

Burma (Myanmar)

Malaysia

Thailand

Cambodia

Maldives

Timor-Leste (East Timor)

India

Pakistan

Vietnam

Indonesia

Philippines

Other: _____

NONE OF THE ABOVE (Skip to Question 4)

For a recent [list of areas with Zika](http://www.cdc.gov/zika/geo/active-countries.html), 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](http://www.cdc.gov/zika/pdfs/docvisit-checklist-travelpreg.pdf), 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

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 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 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.