

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. Have you had unprotected sex with a male in the past 3 months or female in the past 2 months that 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 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 2 months 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](http://www.everywomancalifornia.org).” 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](http://www.bedsider.org) 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](http://www.cdph.ca.gov/Zika) at www.cdph.ca.gov/Zika.