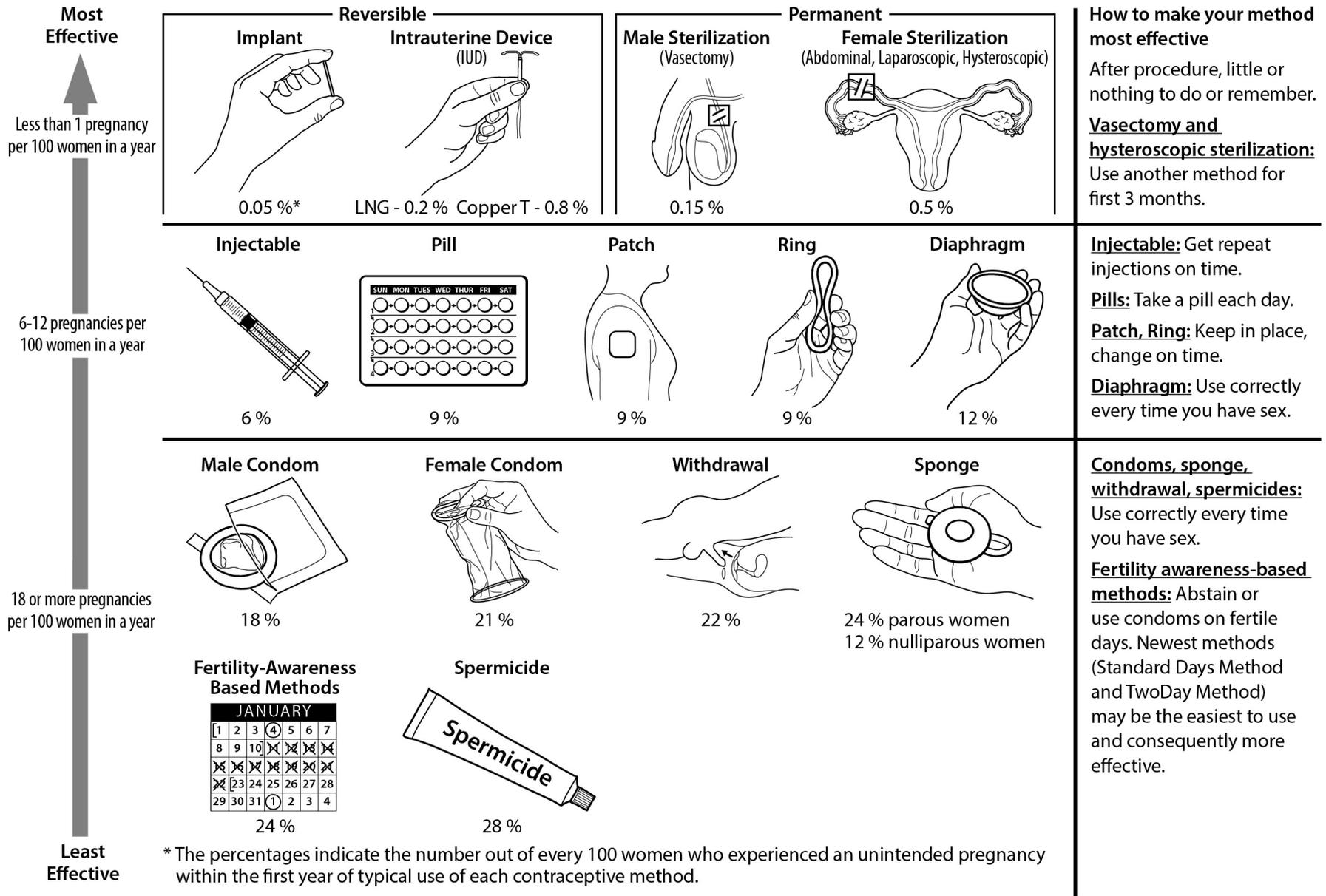




Recommendation	Key Issue	Questions to Ask	Sample Script
<p><b>Discuss Zika virus infection in pregnancy</b></p>	<p>Signs and symptoms of Zika virus disease</p>	<p><i>Do you know the signs and symptoms of Zika?</i></p> <p><i>Do you know when to see the doctor or other healthcare provider if you think you may be infected?</i></p>	<p>Most people with Zika won't know they have it. But for those that do get symptoms, they usually get a mild illness with fever, rash, joint pain or red eyes. The illness usually lasts about a week. If you get sick with symptoms and you're pregnant, you should see a healthcare provider for testing right away. Since you live in an area with Zika, we'll test you at your first prenatal care appointment, and we can also offer testing during the second trimester to help check for any signs of infection.</p> <p><b>Knowledge check:</b> What are the signs and symptoms of Zika? What should you do if you think you may be infected?</p>
	<p>Possible adverse outcomes of Zika virus infection during pregnancy</p>	<p><i>Have you heard about Zika? Do you know the risks of getting Zika during pregnancy?</i></p> <p><i>Do you know why it's so important for you to prevent mosquito bites and protect yourself during sex?</i></p>	<p>For pregnant women, the concern is that Zika virus can be passed to the fetus during pregnancy or around the time of birth. Infection with Zika virus during pregnancy has been linked to a birth defect called microcephaly and other problems with brain development. Children with microcephaly often have serious problems with development and can have other neurologic problems, such as seizures. Other problems seen in pregnancies with Zika virus are miscarriage, stillbirth, and a spectrum of other poor health outcomes, including problems with infants' vision. This is why it's so important to protect yourself during your pregnancy.</p> <p><b>Knowledge check:</b> Why is it important to protect yourself during pregnancy?</p>
<p><b>Explore reproductive life plan</b></p>	<p>Unknown duration of the outbreak</p> <p>Talk about importance of thinking about and developing a plan</p>	<p><i>How old are you?</i></p> <p><i>Have you been pregnant or had children before?</i></p> <p><i>How old do you want to be when you start and stop having children? How many children do you want?</i></p> <p><i>How does pregnancy fit in to your life right now (e.g., school, work)?</i></p> <p><i>For more questions to consider, see <a href="http://www.cdc.gov/preconception/documents/reproductivelifeplan-worksheet.pdf">http://www.cdc.gov/preconception/documents/reproductivelifeplan-worksheet.pdf</a></i></p>	<p>There is still a lot we don't know about Zika. We don't know how long this outbreak will last, so it's really important that you keep protecting yourself throughout the pregnancy. Scientists are working to make a vaccine to protect people from Zika.</p> <p>There are many factors to consider when deciding to get pregnant. I would like to help you reach your goals for building a family. This includes helping you avoid pregnancy when you do not want to be pregnant and helping you have a safe, uncomplicated pregnancy when you are ready to have children.</p>
<p><b>Discuss risks &amp; benefits of pregnancy at this time with woman &amp; partner</b></p>		<p><i>What are your thoughts about what we've discussed?</i></p> <p><i>Do you have any questions?</i></p> <p><i>Is there any more information you need right now to help with choices or family planning?</i></p>	<p>Given the risks of Zika to pregnant women and infants, we need to consider if now is the right time for you to get pregnant. This is a very personal decision. I want you to know that I'm here to help you and answer your questions. We can also talk about this more if you have further questions or if new information about Zika becomes available.</p>
<p><b>If pregnancy is not desired now, discuss contraceptive options</b></p>	<p>Contraception</p>	<p><i>Are you currently using birth control?</i></p> <p><i>What type of birth control do you prefer to use?</i></p>	<p>If you decide that now isn't the right time for you to have a baby, I can help you find the birth control for you that is safe, effective, and works for you and your life. Let's work together to find the most effective option for you and your partner.</p> <p><i>(see graphic on next page for more information)</i></p>

For more information, see CDC's Zika virus website: [www.cdc.gov/zika](http://www.cdc.gov/zika)

# Effectiveness of Family Planning Methods



CS 264514 March 25, 2016

**CONDOMS SHOULD ALWAYS BE USED TO REDUCE THE RISK OF SEXUALLY TRANSMITTED INFECTIONS.**

Other Methods of Contraception

**Lactational Amenorrhea Method:** LAM is a highly effective, temporary method of contraception.

**Emergency Contraception:** Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduces risk of pregnancy.

Adapted from World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. Contraception 2011;83:397-404.



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention