



## Zika Prevention Messages for Patients

There is currently **no local spread** of Zika in Arizona. Providers can reduce the risk that Arizonans get exposed to Zika through the use of patient-specific prevention messages.

**Zika prevention should be discussed at EVERY VISIT with women of reproductive age (pregnant and nonpregnant).**

### **PREGNANT WOMEN** (AZ population: 99,000)



1. **Avoid travel to areas with Zika.** Reference the map of Zika-affected areas at [www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo).
2. **Avoid mosquito bites.** Reassure that DEET is safe in pregnancy.
3. **Avoid unprotected sex with partners who traveled to areas with Zika.** Recommend abstinence or regular condom use for the duration of pregnancy.

### **WOMEN OF REPRODUCTIVE AGE** (AZ population: 1.2 million)



1. **Avoid unplanned pregnancies.** Address the reproductive life plan of every woman at every visit.
2. **Avoid travel** to areas with Zika if planning to conceive. Reference the map of Zika-affected areas at [www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo).
3. **Time pregnancies safely.** Advise delaying attempts at conception for 8 weeks if the woman was exposed to or diagnosed with Zika, and 3 months if the man was exposed to or diagnosed with Zika.
4. **Avoid mosquito bites.** Recommend DEET, long sleeves and window/door screens.

### **ALL PATIENTS** (AZ population: 6.7 million)



1. **Avoid mosquito bites in areas with Zika.** Recommend DEET, long sleeves and window/door screens. Avoid insect repellents in children <2 months old.
2. **Avoid mosquito bites here after returning from areas with Zika.** Recommend DEET, long sleeves and screens for the first three weeks back from travel. Avoid insect repellents in children <2 months old.
3. **Avoid travel** (both men and women) to areas with Zika if planning to conceive. Reference the map of Zika-affected areas at [www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo).
4. **Control mosquitos inside and outside the home.** Advise dumping all resting water (down to the size of a bottle cap) around the home.

Further prevention resources: [www.cdc.gov/zika/prevention](http://www.cdc.gov/zika/prevention); Physician Zika testing algorithms for Arizona: [www.azhealth.gov/zika](http://www.azhealth.gov/zika); Local health department contacts: [www.azdhs.gov/localhealth](http://www.azdhs.gov/localhealth).

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