

# RESOURCE GUIDE FOR CLINICIANS: ZIKA VIRUS

CDC has developed many tools to assist and inform providers who care for pregnant women, women of reproductive age, or infants. These tools are intended to equip healthcare providers with information they need to identify, counsel, report, and follow potential cases.

## MATERIALS FOR CARE OF PREGNANT WOMEN

<b>Healthcare Provider Toolkit for Health Departments</b>	<p>This toolkit includes resources to assist obstetricians with identification, diagnosis, and reporting of Zika virus infection in pregnant women. <a href="https://www.cdc.gov/zika/pdfs/uszpr_toolkit_ob.pdf">https://www.cdc.gov/zika/pdfs/uszpr_toolkit_ob.pdf</a></p>
<b>Healthcare Providers Caring for Pregnant Women</b>	<p>This webpage includes information about current travel guidance. <a href="https://www.cdc.gov/zika/hc-providers/pregnant-woman.html">https://www.cdc.gov/zika/hc-providers/pregnant-woman.html</a></p>
<b>Know Your Zika Risk Web App</b>	<p>This tool can be used to help patients learn more about Zika, why they might be at risk, and how to protect themselves and others. <a href="https://www.cdc.gov/zika/pregnancy/index.html">https://www.cdc.gov/zika/pregnancy/index.html</a></p>
<b>Information and Materials for Pregnant Women</b>	<p>This webpage outlines special precautions and testing recommendations for pregnant women who live in or frequently travel to areas with risk of Zika virus. <a href="https://www.cdc.gov/zika/pregnancy/protect-yourself.html">https://www.cdc.gov/zika/pregnancy/protect-yourself.html</a></p>
<b>Pretest Counseling Materials</b>	<p>The following factsheets apply to different testing scenarios: presenting for care 1) within two weeks of possible exposure, 2) two to twelve weeks after possible exposure, or 3) for those with exposure to areas with a CDC Zika Travel Notice.</p> <ul style="list-style-type: none"> <li>• For Pregnant Women Who May Have Been Exposed to Zika within the Past Two Weeks: <a href="https://www.cdc.gov/zika/pdfs/pcr.pdf">https://www.cdc.gov/zika/pdfs/pcr.pdf</a>              &gt;&gt; Pretest Counseling Script (&lt;2 wks): <a href="https://www.cdc.gov/zika/pdfs/pretestingcounselingscript_past2wks.pdf">https://www.cdc.gov/zika/pdfs/pretestingcounselingscript_past2wks.pdf</a></li> <li>• For Pregnant Women Who May Have Been Exposed to Zika 2-12 Weeks Ago: <a href="https://www.cdc.gov/zika/pdfs/igm.pdf">https://www.cdc.gov/zika/pdfs/igm.pdf</a>              &gt;&gt; Pretest Counseling Script (2-12 wks): <a href="https://www.cdc.gov/zika/pdfs/pretestingcounselingscript_2to12.pdf">https://www.cdc.gov/zika/pdfs/pretestingcounselingscript_2to12.pdf</a></li> <li>• For Pregnant Women with Exposure to Areas with a CDC Zika Travel Notice: <a href="https://www.cdc.gov/zika/pdfs/living_in.pdf">https://www.cdc.gov/zika/pdfs/living_in.pdf</a>              &gt;&gt; Pretest Counseling Script (CDC Zika Travel Notice): <a href="https://www.cdc.gov/zika/pdfs/pretestingcounselingscript_livingin.pdf">https://www.cdc.gov/zika/pdfs/pretestingcounselingscript_livingin.pdf</a></li> </ul>
<b>Pretest Counseling Webpage</b>	<p>These materials assist providers with counseling pregnant women about Zika virus testing and informing them of what they might expect. <a href="https://www.cdc.gov/zika/hc-providers/pregnant-women/patient-counseling.html">https://www.cdc.gov/zika/hc-providers/pregnant-women/patient-counseling.html</a></p>
<b>Zika Pregnancy Testing Algorithm &amp; Zika Pregnancy Testing Interactive Tool</b>	<p>These materials are intended to help healthcare providers apply the updated recommendations for Zika virus testing during clinical practice, assist with interpretation of results, and inform clinical management for a pregnant woman with possible exposure to Zika virus.</p> <ul style="list-style-type: none"> <li>• Zika Pregnancy Testing Algorithm: <a href="https://www.cdc.gov/zika/pdfs/testing_algorithm.pdf">https://www.cdc.gov/zika/pdfs/testing_algorithm.pdf</a></li> <li>• Zika Pregnancy Testing Interactive Tool: <a href="http://www.cdc.gov/zika/widget">http://www.cdc.gov/zika/widget</a></li> </ul>
<b>Zika Screening Tool for Pregnant Women</b>	<p>CDC recommends that pregnant women be asked at each prenatal care appointment if they may have been exposed to Zika. This material can help providers screen their patients and identify if Zika virus testing is indicated. <a href="https://www.cdc.gov/zika/pdfs/zikapreg_screeningtool.pdf">https://www.cdc.gov/zika/pdfs/zikapreg_screeningtool.pdf</a></p>



## MATERIALS FOR CARE OF INFANTS

<b>Assessment of Infant Hearing</b>	<p>This material is intended to assist clinicians conducting hearing assessments on infants testing positive for Zika virus infection. It includes an algorithm with testing and result interpretation recommendations. <a href="https://www.cdc.gov/zika/pdfs/hearing-test-algorithm-infants.pdf">https://www.cdc.gov/zika/pdfs/hearing-test-algorithm-infants.pdf</a></p>
<b>Clinical Evaluation and Management of Infants with Congenital Zika Infection</b>	<p>This series of webcast recordings presents discussions on clinical evaluation and management considered by CDC when interim guidance for health care providers was developed. <a href="https://www.cdc.gov/zika/hc-providers/webcast-clinicalevaluation.html">https://www.cdc.gov/zika/hc-providers/webcast-clinicalevaluation.html</a></p>
<b>Healthcare Providers Caring for Infants and Children</b>	<p>This webpage gives a summary of recommended testing and clinical management for infants with possible Zika virus exposure. The page also includes links for infant follow-up care, information on congenital Zika Syndrome and other birth defects, and guidance for infant evaluation. <a href="https://www.cdc.gov/zika/hc-providers/infants-children.html">https://www.cdc.gov/zika/hc-providers/infants-children.html</a></p>
<b>Implementing CDC Guidance for Infant Neuroimaging and Infant and Placental Zika Virus Testing</b>	<p>This tool organizes CDC recommendations for evaluating infants with possible congenital Zika exposure by maternal Zika virus exposure status and maternal laboratory test results. <a href="https://www.cdc.gov/zika/pdfs/placental-testing-guidance.pdf">https://www.cdc.gov/zika/pdfs/placental-testing-guidance.pdf</a></p>
<b>Measuring Head Circumference Factsheet</b>	<p>This resource is intended to educate healthcare providers about how to measure an infant's head circumference in a consistent and accurate way. <a href="https://www.cdc.gov/zika/pdfs/microcephaly_measuring.pdf">https://www.cdc.gov/zika/pdfs/microcephaly_measuring.pdf</a></p>
<b>Measuring Head Circumference Video</b>	<p>This video demonstrates how to correctly measure an infant's head circumference. <a href="https://www.youtube.com/watch?v=HWV1JdAhsSo">https://www.youtube.com/watch?v=HWV1JdAhsSo</a></p>
<b>Microcephaly and Other Birth Defects</b>	<p>This page includes an overview of microcephaly and congenital Zika syndrome. <a href="https://www.cdc.gov/zika/healtheffects/birth_defects.html">https://www.cdc.gov/zika/healtheffects/birth_defects.html</a></p>
<b>Pediatric Evaluation &amp; Outpatient Management for First 12 Months (pocket guide)</b>	<p>This tool outlines CDC recommendations for the initial evaluation and outpatient management during the first 12 months of life for infants with possible congenital Zika virus infection. Within this pocket guide is an evaluation algorithm and an outpatient management checklist. <a href="https://www.cdc.gov/zika/pdfs/pediatric-evaluation-follow-up-tool.pdf">https://www.cdc.gov/zika/pdfs/pediatric-evaluation-follow-up-tool.pdf</a></p>
<b>USZPR Healthcare Provider Toolkit for Health Departments</b>	<p>This toolkit includes resources to assist pediatricians with identification, diagnosis, and reporting of Zika virus infection in infants. <a href="https://www.cdc.gov/zika/pdfs/uszpr_toolkit_peds.pdf">https://www.cdc.gov/zika/pdfs/uszpr_toolkit_peds.pdf</a></p>
<b>What to Know</b>	<p>The following materials are designed to assist pediatricians in having conversations with parents about birth defects and tracking infant development.</p> <ul style="list-style-type: none"> <li>• <b>What to Know: If Your Doctor Suspects Microcephaly during Pregnancy:</b> <a href="https://www.cdc.gov/zika/pdfs/whattoknow-doctor-suspects-microcephaly.pdf">https://www.cdc.gov/zika/pdfs/whattoknow-doctor-suspects-microcephaly.pdf</a></li> <li>• <b>What to Know: If Your Baby was Born with Congenital Zika Syndrome:</b> <a href="https://www.cdc.gov/zika/pdfs/whattoknow-congenital-zika-syndrome.pdf">https://www.cdc.gov/zika/pdfs/whattoknow-congenital-zika-syndrome.pdf</a></li> <li>• <b>What to Know: If Your Baby May Have Been Affected by Zika but Has No Related Health Conditions at Birth:</b> <a href="https://www.cdc.gov/zika/pdfs/whattoknow-affected-by-zika-no-related-conditions.pdf">https://www.cdc.gov/zika/pdfs/whattoknow-affected-by-zika-no-related-conditions.pdf</a></li> </ul>
<b>Zika-Related Birth Defects Surveillance</b>	<p>This webpage includes information on tracking birth defects, data collection, and data use. <a href="https://www.cdc.gov/zika/reporting/birth-defects.html">https://www.cdc.gov/zika/reporting/birth-defects.html</a></p>

## MATERIALS FOR CARE OF WOMEN OF REPRODUCTIVE AGE

<b>Caring for Reproductive-Age Women</b>	<p>This webpage has a summary of recommendations for women and men who are planning to conceive in the near future. It also includes links to more information about Zika exposure, testing, risks, patient counseling, and reproductive planning. <a href="https://www.cdc.gov/zika/hc-providers/women-reproductive-age.html">https://www.cdc.gov/zika/hc-providers/women-reproductive-age.html</a></p>
<b>Preconception Counseling Tool</b>	<p>This guide gives recommendations for counseling women and men living in or frequently traveling to areas with a CDC Zika travel notice. Recommendations include key questions to ask patients and sample scripts to guide discussion between the provider and patient. <a href="https://www.cdc.gov/zika/pdfs/preconception-counseling.pdf">https://www.cdc.gov/zika/pdfs/preconception-counseling.pdf</a></p>
<b>Preventing Unintended Pregnancy During the Zika Virus Outbreak</b>	<p>This page covers information about types of reversible, emergency, and permanent contraceptive methods. <a href="https://www.cdc.gov/zika/pregnancy/preventing-pregnancy.html">https://www.cdc.gov/zika/pregnancy/preventing-pregnancy.html</a></p>
<b>Reproductive Planning Resources for Physicians</b>	<p>This webpage includes information on preconception care, preventing pregnancy, and tools to help providers implement contraceptive guidance. <a href="https://www.cdc.gov/zika/hc-providers/reproductive-age/reproductive-planning.html">https://www.cdc.gov/zika/hc-providers/reproductive-age/reproductive-planning.html</a></p>
<b>Travel Counseling Guide</b>	<p>This guide provides recommendations for providers counseling women and men of reproductive age who are considering travel to areas with risk of Zika. This material includes recommendations from CDC's interim guidance and talking points to cover while discussing recommendations. <a href="https://www.cdc.gov/zika/pdfs/travelcounseling-fs.pdf">https://www.cdc.gov/zika/pdfs/travelcounseling-fs.pdf</a></p>
<b>Women and their Partners Trying to Become Pregnant</b>	<p>This webpage includes travel guidance by geographical location and recommendations for women and men who live in or frequently travel to an area with risk of Zika. <a href="https://www.cdc.gov/zika/pregnancy/women-and-their-partners.html">https://www.cdc.gov/zika/pregnancy/women-and-their-partners.html</a></p>
<b>Women Thinking About Having a Baby</b>	<p>This factsheet gives recommendations for women to protect themselves from getting Zika virus from mosquito bites and sexual transmission. <a href="https://www.cdc.gov/zika/pdfs/zika-plan-your-pregnancy.pdf">https://www.cdc.gov/zika/pdfs/zika-plan-your-pregnancy.pdf</a></p>

## SAMPLE PRESENTATIONS

<b>Zika Virus &amp; Infants Grand Rounds Toolkit</b>	<p>This presentation is intended to inform pediatricians and other providers about updated guidance regarding Zika virus and infants including an overview of Zika virus, clinical management of infants with possible Zika virus infection, and tips for families and caregivers of infants with possible Zika virus infection. <a href="https://wwwdev.cdc.gov/zika/pdfs/zika-grand-rounds_peds.pdf">https://wwwdev.cdc.gov/zika/pdfs/zika-grand-rounds_peds.pdf</a></p> <ul style="list-style-type: none"> <li>• <b>Facilitated Discussion Guide &amp; FAQ:</b> This guide outlines sample language for the presenter and responses to frequently asked questions. <a href="https://wwwdev.cdc.gov/zika/pdfs/facilitationguidefaqs_pediatricians.pdf">https://wwwdev.cdc.gov/zika/pdfs/facilitationguidefaqs_pediatricians.pdf</a></li> </ul>
<b>Zika Virus &amp; Pregnancy Grand Rounds Toolkit</b>	<p>This presentation is intended to inform obstetricians of updated guidance regarding Zika virus and pregnancy including diagnosing, testing, and prevention, as well as standard precautions in the healthcare environment. <a href="https://wwwdev.cdc.gov/zika/pdfs/zikagrandrounds_pregnancy.pdf">https://wwwdev.cdc.gov/zika/pdfs/zikagrandrounds_pregnancy.pdf</a></p> <ul style="list-style-type: none"> <li>• <b>Facilitated Discussion Guide &amp; FAQ:</b> This guide outlines sample language for the presenter and responses to frequently asked questions. <a href="https://wwwdev.cdc.gov/zika/pdfs/facilitationguidefaqs_pregnancy.pdf">https://wwwdev.cdc.gov/zika/pdfs/facilitationguidefaqs_pregnancy.pdf</a></li> </ul>

## OTHER RESOURCES

<b>Communication Resources</b>	<p>Current communication tools and resources, including videos, fact sheets, and posters, for use and distribution.  <a href="https://www.cdc.gov/zika/comm-resources/index.html">https://www.cdc.gov/zika/comm-resources/index.html</a></p>
<b>Healthcare Provider Toolkit for Health Departments</b>	<p>This toolkit includes resources to assist obstetricians with identification, diagnosis, and reporting of Zika virus infection in pregnant women.  <a href="https://www.cdc.gov/zika/pdfs/uszpr_toolkit_ob.pdf">https://www.cdc.gov/zika/pdfs/uszpr_toolkit_ob.pdf</a></p>
<b>OSTLTS Communication Resource Center</b>	<p>Customizable communication products for state, tribal, local and territorial public health agencies.  <a href="https://www.cdc.gov/stltpublichealth/collab-space/index.html">https://www.cdc.gov/stltpublichealth/collab-space/index.html</a></p>
<b>Protect Your Pregnancy from Zika</b>	<p>This material, meant for low literacy audiences, is intended to inform pregnant women about Zika transmission and prevention.  <a href="https://www.cdc.gov/zika/pdfs/low-lit-pregnancy-protection.pdf">https://www.cdc.gov/zika/pdfs/low-lit-pregnancy-protection.pdf</a></p>
<b>Roadmap for Parents of Babies with Congenital Zika Syndrome</b>	<p>This newly developed roadmap is designed as a guide to help parents of babies with birth defects related to congenital Zika infection navigate the series of screenings and tests recommended during their baby's first year of life.  <a href="https://www.cdc.gov/zika/pdfs/roadmap-for-parents.pdf">https://www.cdc.gov/zika/pdfs/roadmap-for-parents.pdf</a></p>
<b>Roadmap for Parents of Babies Infected with Zika Before Birth Who Appear Healthy</b>	<p>This roadmap is meant to help parents whose babies were infected with Zika before birth and appear healthy with navigating the series of screenings and tests recommended during their baby's first year of life.  <a href="https://www.cdc.gov/zika/pdfs/roadmap-for-parents-babies-infected-before-birth.pdf">https://www.cdc.gov/zika/pdfs/roadmap-for-parents-babies-infected-before-birth.pdf</a></p>
<b>Zika Can Pass Through Sex</b>	<p>This material, meant for low literacy audiences, is intended to inform men and women about prevention of sexual transmission of Zika virus.  <a href="https://www.cdc.gov/zika/pdfs/low-lit_condom.pdf">https://www.cdc.gov/zika/pdfs/low-lit_condom.pdf</a></p>