Questions & Considerations about Zika before Traveling

If you or a partner are traveling to a Zika-affected area, please complete the 4 questions below:

At UHS, we are trying to raise awareness of the importance of reliable contraception in addition to condoms to best prevent a pregnancy (the fetus is at greatest health risk from Zika), not just the STI or infection for travelers. The questions below are intended to help you and your provider identify risk reduction strategies important for your health.

1) If there is any possibility you could be pregnant, or cause a pregnancy, are you using reliable contraception in addition to condoms?  
   Yes | No

   If no, discuss reliable contraceptive options with your health provider to prevent a Zika affected pregnancy or visit www.bedsider.org.

2) Are you attempting pregnancy and are you or your partner traveling to a Zika affected area?  
   Yes | No

   If yes, please discuss with a UHS provider.

3) Are you pregnant and traveling to Zika affected area?  
   Yes | No

   If yes, visit the UHS website for prevention of mosquito bites and sexual transmission from male partners by abstinence or condoms.

4) Are you pregnant, not traveling, but a male sexual partner is traveling to a Zika affected area?  
   Yes | No

   If yes, use condoms or abstain until the CDC determines a safe interval to resume sexual activity.