Prenatal Counseling in the Context of the Zika Epidemic

**STEP 1**
Establish and maintain a friendly and respectful relationship with the pregnant woman.

**STEP 2**
Establish the risk of contracting Zika by asking the following questions:
1. Do you live or work in an area with a lot of mosquitoes? (Yes/No)
2. Are there a lot of mosquitoes in your home? (Yes/No)
3. Do you live or work in an area where there have been people or neighbors with Zika? (Yes/No)
4. Have you traveled to an area where there are people with Zika? (Yes/No)
5. Does or did someone have Zika in your house? (Yes/No)
6. Does your partner live in, work in, or travel to places where there are people with Zika? (Yes/No)
7. Have you or your partner been sick with Zika? (Yes/No)

If the client answers NO to all the questions, she has a LOW RISK of contracting Zika.

If the client answers YES to one or more of the questions, she is AT RISK of contracting Zika.

**STEP 3**
If the pregnant woman has a LOW RISK of contracting Zika, give her prenatal care following the steps of the national standards.

If the pregnant woman is AT RISK of contracting Zika, give her prenatal care following the steps of the national standards.

**STEP 4**
Counsel her in prenatal care, LAM, and other postpartum methods. Ask about and give her general messages on the prevention of Zika. Explain the risk of infection of the Zika virus for the fetus’s health (Table 3). Emphasize the use of condoms** to prevent sexual transmission of the Zika virus. Give her condoms and repellent, if available. Remind her of her next appointment. END.

Check if the pregnant woman has had or has signs or symptoms of Zika: fever (temperature equal to or greater than 38.5°C or 101.3°F); arthralgia; nonpurulent conjunctivitis; headache; myalgia; asthenia, maculopapular skin rash; retro-orbital pain; edema in lower limbs; anorexia; vomiting; diarrhea; and/or abdominal pain.

**STEP 5**
If the pregnant woman does not or has not had signs and/or symptoms of Zika

Counsel her in prenatal care, LAM, and other postpartum methods. Ask about and give her general messages on the prevention of Zika. Explain the risk of Zika infection and the potential impact of the Zika virus on the fetus’s health (Table 3). Emphasize the use of condoms** to prevent sexual transmission of the Zika virus. Give her condoms and repellent, if available. Remind her of her next appointment. END.

If the pregnant woman has had or has signs and/or symptoms of Zika

Determine if the patient has been given lab tests for Zika. Review the results if available.
Do the lab results confirm that the pregnant woman had or has Zika?

The pregnant woman does not have and has not had Zika (or it is still not known).

The pregnant woman has had or has Zika.

Counsel her on prenatal care, LAM, and postpartum methods. Ask about and give her general messages on the prevention of Zika. Explain the risk of infection and the possible impact of the Zika virus on the fetus’s health. Emphasize use of condoms** to prevent sexual transmission. Give her repellents and condoms, if available. Remind her of her next appointment. END.

Give the diagnosis of Zika infection and explain the risks and possible consequences of the Zika infection during pregnancy.

STEP 6

STEP 7

STEP 8

Refer the pregnant woman with confirmed Zika infection for psychological support and follow-up. END.

**Remember that using condoms or practicing abstinence are the only ways to prevent sexually transmitted diseases like HIV and Zika.