DOCTOR DISCUSSION GUIDE

Managing Zika Virus

If you are traveling to or live in an area where Zika has been identified, or you’ve been diagnosed with the virus, chances are you have a lot of points of confusion. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

**Vocabulary to Know**

Your doctor might mention these common terms. Here’s what they mean.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microcephaly</td>
<td>A condition in which a baby's head is significantly smaller than it's body, often due to abnormal brain development.</td>
</tr>
<tr>
<td>Endemic</td>
<td>A disease or condition that is common in a certain population or area.</td>
</tr>
<tr>
<td>Transmission</td>
<td>In terms of disease, how an illness is spread.</td>
</tr>
<tr>
<td>Aedes Mosquitoes</td>
<td>A type of mosquito that is known to transmit Zika (specifically <em>Aedes aegypti</em> and <em>Aedes albopictus</em>).</td>
</tr>
<tr>
<td>Guillain-Barre Syndrome</td>
<td>A rare disorder in which the immune system attacks the nerves, often causing weakness and paralysis of the limbs.</td>
</tr>
</tbody>
</table>
Questions to Ask
These questions will help you start a conversation with your doctor about how to best manage Zika virus.

About Symptoms
- What are the symptoms of Zika?
- Should I be concerned if I get sick while I’m in an area that is known to have Zika?

About Causes & Risk Factors
- How is Zika spread?
- Can I get Zika from someone else that has it?
- What precautions should I take if I am traveling to an area with Zika?
- What will happen if my child gets Zika?
- If I get Zika prior to getting pregnant, will it affect any future pregnancies?

About Diagnosis
- How is Zika diagnosed?
- Is there a blood test to check for Zika?

About Treatment
- What can I do if I get Zika?
- If I get Zika while I’m pregnant, is there anything that can be done to protect my unborn child?

About Coping
- If my child is diagnosed with microcephaly from Zika, is there anything that can be done?
- If I am diagnosed with Zika while I’m pregnant, what should I expect?
- If I am diagnosed with Zika and I’m not pregnant, what should I expect?