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)**
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. **Time pregnancies safely.** Advise delaying attempts at conception for 8 weeks if the woman was exposed or diagnosed with Zika, 8 weeks if the man was exposed to Zika, and 6 months if the man was diagnosed with Zika.
3. **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. **Control mosquitoes inside and outside the home.** Advise dumping all resting water (down to the size of a bottle cap) around the home.


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