



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)



1. **Avoid travel to areas with Zika.** Reference the map of Zika-affected areas at www.cdc.gov/zika/geo.
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 mosquitos inside and outside the home.** Advise dumping all resting water (down to the size of a bottle cap) around the home.

Further prevention resources: www.cdc.gov/zika/prevention; Physician Zika testing algorithms for Arizona: www.azhealth.gov/zika; Local health department contacts: www.azdhs.gov/localhealth.

Last Updated: 09/09/16