

Seek Family Planning Counseling



— WHO —

Women and couples who wish to postpone pregnancy.

— WHAT —

Seek counseling from a trained provider on modern family planning methods.

— WHY —

Use of modern contraception protects against the risk of unintended pregnancy and thus transmission of the Zika virus from mother to child.

KEY FACTS

- There is no medicine or vaccine for the Zika virus.
- For women or couples who are not planning pregnancy, contraceptive use reduces the risk of mother-to-child transmission of the Zika virus.
- The correct and consistent use of condoms offers double protection: It prevents an unplanned pregnancy and protects against the transmission of the Zika virus.

HOW FAMILY PLANNING HELPS PREVENT ZIKA

- Family planning prevents unplanned pregnancy, thereby preventing transmission of the Zika virus from a woman to her unborn baby.
- A range of methods is available from which to choose. Reversible methods include the hormonal implant, IUD, injectables, and pills. These methods do not prevent Zika transmission but are highly effective in preventing pregnancy.
- Male or female condoms can prevent pregnancy and the transmission of the Zika virus by an infected person to their partner.

- The Zika virus can remain in a man's semen for a long time; therefore, condoms should be used whether or not he has symptoms of the virus.
- Family planning information and counseling can be obtained at the nearest health service, where one can discuss the most appropriate method for each person, along with other ways to reduce the risk of contracting Zika.

TIPS FOR PROMOTING THIS BEHAVIOR

- Promote dialogue between couples about family planning, motivating them to talk openly about family planning methods.
- Emphasize the importance of seeking counseling on family planning from a trained health provider.
- Encourage couples to talk about the correct and consistent use of condoms, which offers double protection: preventing an unplanned pregnancy and protecting against Zika transmission.

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ABOUT BREAKTHROUGH ACTION+RESEARCH

Breakthrough ACTION and Breakthrough RESEARCH are USAID’s flagship programs for social and behavior change working to increase the practices of priority health behaviors for improved health and development outcomes.

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USAID ASSIST Project, taken in Honduras

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