

Seek Prenatal Care



— WHO —

Pregnant women and their partners.

— WHAT —

Seek prenatal care to monitor pregnancy and discuss Zika risk and prevention.

— WHY —

Prenatal care visits provide the opportunity to learn more about the risks of Zika and what prevention measures can be taken.

KEY FACTS

- Prenatal care is a unique opportunity for health care providers to counsel women and couples about protecting their baby from the Zika virus and the birth defects associated with Congenital Zika Syndrome.
- The prenatal care provider can promote the behaviors with high potential to prevent Zika, providing specific information and instructions to the pregnant woman and her partner on how to practice each behavior at home.

MAKING THE MOST OF PRENATAL CARE

- Pregnant women should attend prenatal checkups throughout pregnancy.
- If possible, partners of pregnant women should attend visits to become informed and participate in preparing for a healthy pregnancy and birth.
- During the visit, women, their partners, and health care providers can discuss:
 - How the Zika virus can pass from the pregnant woman to her unborn baby, who could in turn develop Congenital Zika Syndrome, which includes microcephaly.
 - How to use condoms consistently and correctly to avoid sexual transmission of the Zika virus.
 - How to use repellent to avoid mosquito bites.
 - How to control and minimize mosquito breeding sites in and around the home.

TIPS FOR PROMOTING THIS BEHAVIOR

- Promote dialogue between pregnant women and their partners, encouraging them to speak openly about transmission of the Zika virus during pregnancy.
- Motivate partners of pregnant woman to attend prenatal care visits so the couple can obtain information about the risk of Zika during pregnancy and, above all, how to prevent it.
- Emphasize the risk of Congenital Zika Syndrome to the baby as the main motivator for couples to adopt measures to prevent Zika during pregnancy.

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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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PHOTO CREDIT

USAID ASSIST Project, taken in Honduras

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