

# **Zika Toolkit for Healthcare Providers**

## **Outreach Materials for Areas WITH and WITHOUT Local Mosquito-borne Transmission of Zika**

- Sample email or letter
- Brochure for outreach
- Posters for the community

# Outreach Materials For Areas With and Without Local Mosquito-borne Transmission of Zika

The next few pages include sample outreach materials that may be distributed by family planning staff to the organizations with whom they conduct outreach. These materials may then be used by the outreach organizations to inform their clients about the local Title X clinics that have information, counseling and services on Zika, family planning, and care for pregnant women. Organizations that may benefit from these outreach materials include community colleges and other schools, WIC clinics, libraries, community programs, other health services, and referral sources.

The following sample outreach materials include:

- **Email or letter for outreach:** This includes text that may be used or adapted by staff at the family planning service site to send to their outreach contacts to inform them about the available family planning services in the context of Zika.
- **Brochure for outreach:** This includes a sample brochure that the “outreach organizations” could give to their clients to inform them of the local family planning service sites with information, counseling and services. To use this sample brochure as designed, type in your family planning service site contact information before making copies for distribution. Your contact information will then autofill for the brochure as well as for all the client handouts.
- **Outreach posters:** These are sample posters that outreach organizations may post on their walls to inform their clients of available family planning services in the context of Zika. Before printing these posters, insert the contact information for your family planning service site. Additionally, the key messages and images on these posters may serve as examples if creating posters specific to a local community.

# Outreach Sample Email or Letter

Dear *[Name of contact person at the organization you are outreaching to]*

Do your clients have accurate information about Zika virus and how to protect their health?

Although there has been a lot of media attention around Zika, and the birth defects it can cause when pregnant women are infected, many people may not have the information they need about the virus and what it may mean for them. Your clients may want to know whether they are at risk of Zika infection, how they can prevent infection (both from mosquitoes and from sex with infected partners), whether to use a different method of birth control, or how to plan a healthy pregnancy considering the risk of Zika.

We at *[Name of your family planning service delivery site]* provide:

- Education and counseling about Zika
- A complete range of contraceptive methods
- Counseling and services to optimize a healthy pregnancy

Please share our brochure *[attached or with link]* with your clients and put up this poster *[attached, and may be printed on your own printer or taken to a print shop for a larger, 22 by 29 inch size]*.

If you have any questions about these Zika materials or the services we provide, please let me know.

*[Name and contact information of the sender]*

# What YOU Should Know about Zika!

## What is Zika?

- ▶ Zika is a virus, spread in some places by the bite of an infected mosquito. It can also spread from an infected man or woman to their sex partners.

## How could Zika hurt me or others?

- ▶ Zika can pass from a pregnant woman to her fetus.
- ▶ If a woman gets Zika while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.

## Where are mosquitoes spreading Zika?

- ▶ Zika is spread by mosquitoes in some parts of the United States, the Caribbean, Central America, the Pacific Islands and South America. For updates on new areas with Zika see the CDC website: <http://www.cdc.gov/travel/page/zika-travel-information>

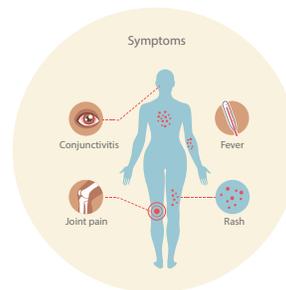
## Am I at risk for Zika?

- ▶ You are at risk for Zika if you **live in** or **travel to an area with Zika**, or if you **have sex with a man or woman who does**.



## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week.



- Fever
- Rash
- Joint pain
- Red eyes

You can spread Zika even if you do not have symptoms.

## Contact us at

**if you have questions about Zika, or are interested in preventing or planning a pregnancy.**

### Find out:

- ▶ If you are at risk of getting Zika
- ▶ How to protect yourself from getting or spreading Zika

If you are sexually active and are at risk for unplanned pregnancy, there are many safe, effective **contraceptive methods**.

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>

# Having Sex?

## Learn more about the Zika virus

In some places, Zika is primarily spread by infected mosquitoes. However it can also be spread by having sex with a man or woman who has Zika.

If a woman is pregnant and gets Zika, her baby can be born with serious birth defects.

Find out **YOUR** risk of getting Zika and how to protect yourself, your partners and a future child.

**For more information about Zika, contraceptive services, or to plan pregnancy, contact us:**

[BEFORE PRINTING: Insert the family planning service site contact information]

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