



**FOR IMMEDIATE RELEASE**

Contact:  
Sarah Peterson  
651.646.8233  
[sarah@megaphonepr.com](mailto:sarah@megaphonepr.com)

## **Answering Questions About Zika Virus**

*Clinic Sofia shares some guidelines for women who are concerned about Zika.*

MINNEAPOLIS (Feb. 11, 2016) — The impact of Zika, a disease spread by infected mosquitoes that can lead to birth defects, is causing concern among many women who are pregnant or thinking of becoming pregnant. [Clinic Sofia](#), a local OBGYN clinic known for empowering women to be advocates for their own health, offers some guidelines to help women understand the current situation and determine the risk to themselves and their unborn baby.

“We have heard from many of our patients who are concerned about Zika,” said Dr. Donna Block, founder of Clinic Sofia in Edina and Maple Grove. “Whether women are thinking twice about traveling to the affected areas or just curious if this is something they need to worry about, we feel it is important to share some resources to address some of the common questions we are hearing related to Zika.”

According to the Centers for Disease Control and Prevention (CDC), Zika virus is spread to people through mosquito bites. Some of the common symptoms are fever, rash, joint or muscle pain, red eyes and a headache. Only about 1 in 5 people infected with Zika virus become ill with relatively mild symptoms that last up to a week. However, there have been reports of microcephaly and poor pregnancy outcomes in babies of mothers who were infected with Zika while pregnant.

Clinic Sofia follows the guidelines from Centers for Disease Control and Prevention (CDC) about [Zika virus and pregnancy](#) in its recommendations to patients. See the following page for the latest information from the CDC.

(more)

## **Zika and Pregnancy**

- Pregnant women or women who are trying to become pregnant should avoid areas where Zika virus transmission is occurring. For the latest list of affected areas, click [here](#).
- Pregnant women who have traveled to an area with Zika virus should talk to their healthcare provider to determine if they should be tested for the virus—particularly if they develop a rash, joint pain or red eyes within 2 weeks after traveling.
- Women who have recently traveled to affected areas and are contemplating pregnancy should also consult with their doctor.
- If travel to affected areas is not avoidable, women should practice good preventative measures, including wearing long sleeves and pants and using approved insect repellents. More information can be found on the [CDC website](#). It's also important to note that, unlike Minnesota mosquitoes, which bite at dusk or in the evening, this particular type of mosquito bites during the day so people may want to stay indoors during daylight hours.

Dr. Block adds that since Zika virus can be transmitted sexually, *all* women should take precautions if their sexual partner has traveled or lived in an area with Zika. The CDC advises pregnant women with a male partner who has been exposed to Zika either abstain from sex or use condoms during the duration of the pregnancy.

“This is a very dynamic situation. As more is learned, it is likely the CDC will continue to update its guidelines,” said Dr. Block. “The best advice is to consult with your doctor on any questions you may have.”

### **About Clinic Sofia**

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, provides full-circle healthcare for women. The clinic's name is inspired by the Greek goddess Sophia, who is a symbol of women's wisdom, life stages, fertility, monthly cycles and nurturing. Staffed completely by women, Clinic Sofia uses the intuitive arts of observation, listening and communication in addition to the medical expertise in the areas of obstetrics and gynecology to meet the complete health needs of women. For more information, please visit [www.clinicsofia.com](http://www.clinicsofia.com)

###