



Informed Consent to the Risks of Viruses

Patient Label

The Ottawa Fertility Centre (OFC) prioritizes your health and the health of your future pregnancy above all else. As such, all patients must report their out of country travel and any known or suspected infections to their healthcare team at OFC.

COVID-19

OFC continues to prioritize the safety and well-being of our patients. COVID-19 symptoms can include: fever, sore throat, cough, shortness of breath, loss of sense of taste and/or smell, and gastrointestinal symptoms. Some people may be at higher risk for serious illness from COVID-19 because they have chronic or other serious long-term health problems (e.g., kidney, lung, liver or heart disease, diabetes, immunosuppression, and asthma). These individuals may experience more severe complications, including pneumonia in both lungs, multi-organ failure, and in some cases death. However, serious illness can still occur in individuals who do not have high risk factors.

Although the overall risks are low, if you are pregnant, you are more likely to get very sick from COVID-19 compared to people who are not pregnant. Additionally, if you have COVID-19 during pregnancy, you are at increased risk of complications that can affect your pregnancy and developing baby. These risks include preterm delivery (delivery before 37 weeks) and an increased risk of stillbirth. Vaccinations and boosters are recommended for people who are currently, or who are trying to get pregnant. There is no evidence that the mRNA COVID-19 vaccine causes fertility problems and there are no safety concerns during pregnancy or breastfeeding. (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>)

To reduce the risk of infection, all individuals should:

- Wash hands frequently with soap and water or 70% alcohol-based hand rub for at least 20 seconds
- Avoid close contact with people who have respiratory symptoms (i.e. cough and fever)
- Wear a mask (medical or non-medical) at the OFC
- Stay home with any symptoms and test for COVID-19
- Be vaccinated against COVID-19

Individuals with confirmed or suspected COVID-19 infection:

- Should notify their OFC care providers and avoid onsite appointments

Please note that information and recommendations regarding COVID-19 are constantly evolving and there may be risks that are currently unknown. For more information please visit: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>.

Zika Virus

The Zika virus is spread by the bite of an infected mosquito. It can be transmitted by an infected pregnant person to their developing baby as well as sexually transmitted by an infected sperm provider to their partner. Typical illness either has no symptoms or mild fever, rash, joint pain, or red eyes. Zika virus infection can in rare cases cause Guillain-Barre Syndrome, microcephaly, or other unknown risks. For more information please visit: <https://travel.gc.ca/travelling/health-safety/travel-health-notice/152>.

Pregnant people and those planning a pregnancy should avoid travel to countries with current or previous Zika outbreaks.

- For travelers **intending to carry a pregnancy** returning from countries with ongoing Zika virus outbreaks: it is strongly recommended that you **wait at least two months** before trying to conceive to ensure that any possible Zika virus infection has cleared your body.
- For **sperm providing** travelers, Zika virus can persist for an extended period of time in the semen of infected people: It is strongly recommended that you and your partner **wait to conceive for three months** after travelling or the onset of illness due to Zika virus by using a condom.

Patient Signature: _____

Date: _____