

# ZIKA + SEX

## SPREAD THE WORD, NOT THE VIRUS

### Zika virus spreads to people through:

- A Zika-infected mosquito
- Sex



Most people with Zika don't know they have it, but they can still spread the virus.

### What are the risks of Zika?

- Zika can cause severe birth defects if a pregnant woman becomes infected.
- There is no specific medicine or vaccine for Zika.



### The Basics

- Zika virus can spread during sex by an infected person to female or male partners.
- Not having sex is the only way to be sure that you do not get sexually transmitted Zika.
- Practice safer sex by using condoms (male or female) and dental dams every time you have vaginal, anal or oral sex.

### Recently Traveled?

- If you or your partner were recently in an area with Zika, either do not have sex, or practice safer sex and delay pregnancy.
  - >> Men: for at least 6 months after travel.
  - >> Women: for at least 8 weeks after travel.
- Ask your doctor about an effective method of birth control to prevent pregnancy until it is safe.
- Use EPA-registered insect repellent for 3 weeks after you return to prevent the spread of Zika back home.
- See your doctor right away if you have Zika symptoms like fever, rash, red eyes or joint pain.

### Pregnant?

- If you are pregnant, do not go to areas with Zika.
- If your partner recently returned from an area with Zika, either do not have sex, or practice safer sex for the rest of your pregnancy.



**LEARN MORE:**  
[www.cdph.ca.gov/Zika](http://www.cdph.ca.gov/Zika)  
**#TalkZIKA**

**WHERE IN THE WORLD IS ZIKA?**  
[www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo)