

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 3 months after travel.
 - > Women: for at least 2 months 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
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WHERE IN THE WORLD IS ZIKA?
www.cdc.gov/zika/geo