



## Zika and Sex

### How to Protect Yourself from Getting Zika from Sex (Information for People Living in Areas *without* Zika)

#### Can I get Zika from sex?

- Only if you have a male sex partner who lives in or has traveled to an area with Zika.
- You can get Zika from sex with a male partner who has Zika, even if he does not have symptoms at the time, or if his symptoms have gone away.
- At this time, there is no evidence that you can get Zika from sex with your female partner, even if she has Zika.

#### Should I be concerned about getting Zika from sex?

- Zika is of greatest concern for pregnant women and women who may become pregnant while infected. This is because Zika can cause birth defects in babies born to women who are infected during pregnancy.
- For everyone else, Zika rarely causes serious disease. Most people with Zika won't have symptoms. When symptoms do appear, they are usually mild.

#### What can I do to prevent getting Zika from sex, if my male partner traveled to an area with Zika?

- Condoms can reduce the chance of getting Zika from sex. To be effective, condoms must be used correctly from start to finish, every time you have vaginal, and oral (mouth-to-penis) sex.
- **If you're pregnant:** Use a condom every time you have sex or do not have sex during your pregnancy. This is important, even if your partner does not have symptoms of Zika.

#### Otherwise:

- **If your partner has or had symptoms of Zika:** Consider using a condom every time you have sex or not having sex for at least 6 months from when his symptoms started.
- **If your partner does not have (and never had) symptoms of Zika:** Consider using a condom every time you have sex or not having sex for at least 8 weeks after his return.

#### What can I do to prevent getting Zika from sex, if my female partner traveled to an area with Zika?

- At this time, there is no evidence that you can get Zika from sex with a female partner, even if she has Zika. If you are concerned about Zika, you can use male or female condoms or not have sex.

Because Zika is mainly spread through mosquitoes, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for three (3) weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

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