

# FOR MEN: A Positive Zika Virus Test

## What does it mean for me?

You've just learned from your doctor or healthcare provider that you have a positive Zika test result, which means that you have Zika virus. Zika is spread through mosquito bites and through sex, from a person who has Zika to sex partners. You can also pass it to mosquitoes, which can bite you, get infected with Zika virus, and spread the virus to other people. You should use condoms correctly every time you have sex or do not have sex to prevent sexual transmission. If your partner is pregnant, use condoms or don't have sex for the entire pregnancy.

**Everyone who has Zika should take steps to protect themselves and others. This fact sheet explains what to do.**



### How can I treat the symptoms of Zika?

There is no specific medicine or vaccine for Zika. If you have symptoms, they will probably be mild and only last a few days to a week. You can treat the symptoms by getting plenty of rest, drinking fluids to prevent dehydration, and taking medicine such as acetaminophen (Tylenol®) to reduce fever and pain.

Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding. If you are taking medicine for another medical condition, talk to your doctor or other healthcare provider before taking additional medicines.

### How can I prevent spreading Zika to others?

Zika virus is spread to people primarily through mosquito bites. It can also be passed through sex from a person who has Zika to his or her partners. Sex includes vaginal, anal, and oral sex and the sharing of sex toys.

#### Protect yourself from mosquito bites

During the first week of infection, Zika virus is in a person's blood. The virus can be passed from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of your illness.

- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.
- Wear long-sleeved shirts and long pants and stay indoors with air conditioning as much as possible.



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## Prevent spreading Zika through sex

Zika can be passed through sex from a person who has Zika to sex partners. To prevent spreading Zika to your partner:

- Use a condom correctly every time you have vaginal, anal, or oral (mouth-to-penis) sex or do not have sex for at least 3 months after your symptoms started.
- Not having sex eliminates your risk of passing Zika from sex.

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## What should I do if my partner is pregnant?

A man infected with Zika can spread Zika virus during sex with a pregnant woman, and the virus can pass to her fetus. The fetus can develop a serious birth defect of the brain called microcephaly and other severe brain defects. If you have a pregnant partner, use condoms correctly every time you have vaginal, anal, and oral (mouth-to-penis) sex or do not have sex for the entire pregnancy.

## What should I do if my partner and I are thinking about getting pregnant?

Wait at least 3 months after your symptoms started before trying to get your partner pregnant. During this time, use condoms or do not have sex to prevent spreading Zika through sex.

## Am I protected from future infections?

Once you have been infected with Zika virus, you are likely to be protected from future infections.

