

HOW TO PROTECT YOURSELF FROM GETTING ZIKA FROM SEX

Accessible Version: <https://www.cdc.gov/zika/prevention/sexual-transmission-prevention.html>



Information for People Living in Areas with Risk of Zika

Can I get Zika from sex?

- Yes, you can get Zika from sex with a partner who has Zika, even if your partner does not have symptoms at the time, or if their symptoms have gone away.
- Sex includes vaginal, anal, and oral sex, and sharing sex toys.



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. Many people with Zika won't have symptoms. When symptoms do appear, they are usually mild. Common symptoms include fever, rash, headache, joint pain, red eyes, and muscle pain.

What can I do to reduce the chance of getting Zika from sex with my partner?

Condoms can reduce the chance of getting Zika from sex. To be effective, condoms must be used from start to finish, every time you have vaginal, anal, and oral 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.

If you're not pregnant but want to avoid getting Zika from sex:

You can use condoms every time you have sex, or not have sex as long as there is Zika in the area. If you or your partner develop symptoms of Zika or have concerns, contact a doctor or healthcare provider.



Because Zika is mainly spread through the bite of mosquitoes, you and your partner should also protect against mosquito bites. This will help prevent getting Zika and spreading it to more mosquitoes.

