

How to Protect Yourself FROM GETTING ZIKA FROM SEX

Information for People Whose Partner Traveled to any Area with Risk of Zika (red and purple areas on the Zika map)*

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.
- Only people with sex partners who live in or traveled to an area with risk of Zika are at risk for getting Zika through sex.
- Sex includes vaginal, anal, and oral sex, and the sharing of 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. 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 illness. Many people with Zika won't have symptoms. When symptoms do appear, they are usually mild. The most common symptoms are fever, rash, joint pain and conjunctivitis (red eyes).

What can I do to reduce my chance of getting Zika from sex if my partner traveled to an area with risk of Zika?

Condoms can reduce the chance of getting Zika from sex. To be effective, condoms should be used from start to finish, every time during vaginal, anal, and oral sex. Not having sex also eliminates the risk of getting Zika from sex.

If you're pregnant:

Use a condom every time you have sex or do not have sex for the entire 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:

Use condoms every time you have sex or not have sex after your partner returns from travel. The length of time for taking these precautions depends on your partner:

- **If your female partner traveled:** At least 2 months after her travel (if she doesn't have symptoms) or from the start of her symptoms (or Zika diagnosis).
- **If your male partner traveled:** At least 3 months after his travel (if he doesn't have symptoms) or from the start of his symptoms (or Zika diagnosis).

Zika is mainly spread through mosquito bites. Travelers should take steps to prevent mosquito bites for 3 weeks after returning from an area with risk of Zika. This is because you can have Zika in your blood and a mosquito can bite you, get infected with Zika virus, and spread the virus to other people.



*Check <https://wwwnc.cdc.gov/travel/page/world-map-areas-with-zika> for the most up-to-date travel recommendations.



Centers for Disease
Control and Prevention
National Center on Birth Defects
and Developmental Disabilities