

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. During the first week of infection, Zika virus is in a person's blood. If you and your partner are thinking about getting pregnant, you should wait. You should also protect yourself from being bitten by mosquitoes. While the virus is in your blood, a mosquito can bite you, get infected with Zika virus, and spread the virus to other people.



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?

Protect yourself from mosquito bites

Zika virus is spread to people primarily through 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.



Prevent spreading Zika through sex

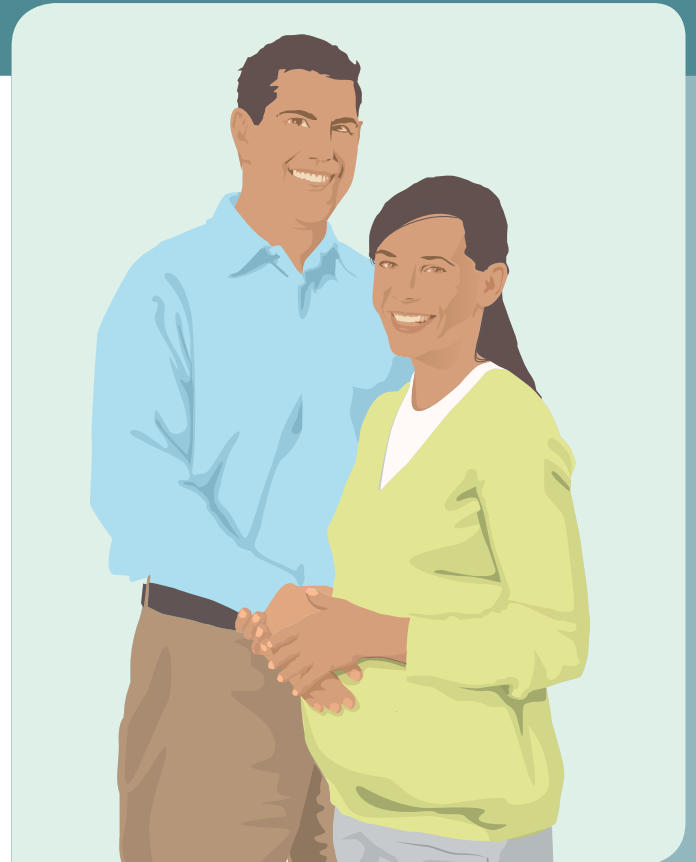
A man infected with Zika can spread Zika virus during sex with his female or male partners. To prevent spreading Zika to your partner:

- ♦ **Use a condom correctly every time you have vaginal, anal, or, oral (mouth-to-penis) sex or do not have sex for at least 6 months after your symptoms started.**
- ♦ Not having sex eliminates your risk of passing Zika from sex.



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 during the pregnancy.**



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

Wait at least **6 months** after your symptoms started before trying to get your partner pregnant.

Am I protected from future infections?

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