

How to Protect Yourself from Getting Zika from Sex

Information for People Living in Areas with Zika



Can I get Zika from sex?

Should I be concerned about getting Zika from sex?

- Yes, 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 a female partner, even if she has Zika.
- 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 with my male partner?

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, anal 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 while there is Zika in your area.

Because Zika is mainly spread through mosquitoes, you and your partner should protect against mosquito bites to prevent getting Zika and spreading it to more mosquitoes.

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