

ZIKA + SEX

SPREAD THE WORD, NOT THE VIRUS.

ZIKA virus spreads to people through:

- A Zika-infected mosquito
- Sex



Most people with Zika don't know they have it, but they can still spread the virus.

What are the risks of ZIKA?

- Zika can cause severe birth defects if a pregnant woman becomes infected.
- There is no vaccine or medicine for Zika.



#TalkZIKA

The Basics

- Zika virus can spread during sex by an infected person to female or male partners.
- Not having sex is the only way to be sure that you do not get sexually transmitted Zika.

Recently Traveled?

- If you or your partner recently traveled to or lived in an area with Zika, either do not have sex, or use condoms during vaginal, anal and oral sex.
 - » Men: For at least 6 months after travel.
 - » Women: For at least 8 weeks after travel.
 - » For the duration of the pregnancy, if you or your partner are pregnant.
- In addition to condoms, use an effective method of birth control to prevent pregnancy.
- Use an EPA-registered insect repellent for 3 weeks after you return to prevent spreading Zika back home.
- Talk to your doctor if you are thinking about getting pregnant.

Pregnant?

- If you are pregnant, do not travel to an area with Zika.
- If your partner recently traveled to an area with Zika, use condoms for the rest of your pregnancy.



LEARN MORE AT:
www.cdph.ca.gov/Zika

WHERE IN THE WORLD IS ZIKA?
www.cdc.gov/zika/geo

