

Zika and Sexual Transmission

[Interim Guidelines for Prevention of Sexual Transmission of Zika Virus — United States, 2016](#)

Pregnant? What you should know about Zika and sex

Zika virus can be spread by a man to his sex partners. Because of the link between Zika and birth defects, take steps to prevent infection during your pregnancy. Talk to your doctor about the steps you can take.

If you have a male partner who lives in or has traveled to an area with Zika, protect your pregnancy.


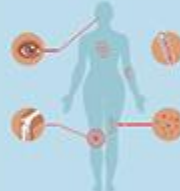
- Don't have sex with your male partner during your pregnancy.

OR

- If you do have vaginal, anal, or oral (mouth-to-penis) sex, [use a condom the right way every time](#) during your pregnancy.
- Not having sex is the best way to be sure that someone does not get sexually transmitted Zika virus.
- Condoms can also help prevent getting HIV and other sexually transmitted diseases.
- Your male partner should also take steps to [prevent mosquito bites](#) to prevent further spread of the virus.

CDC's Response to Zika

PREGNANT? Read this before you travel

What we know about Zika

- Zika can be passed from a mother to her fetus during pregnancy.
- Infection with Zika during pregnancy is linked to birth defects in babies.
- Zika is spread mostly by the bite of an infected *Aedes* species mosquito.
 - These mosquitoes are aggressive daytime biters. They can also bite at night.
- There has been no local transmission of Zika in the continental US.
- There is no vaccine to prevent or medicine to treat Zika.
- Zika can be spread by a man to his sex partners.

What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with Zika.
- If you do travel and are infected, how likely it is that the virus will infect your fetus and if your baby will have birth defects from the infection.

Travel Notice

CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus is spreading.

- For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>
- This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant.

Symptoms of Zika

About 4 out of 5 people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are:

- Fever
- Rash
- Joint Pain
- Conjunctivitis (red eyes)

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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[Pregnant? Read this before you travel](#)[PDF - 2 pages]

If you think your male partner may have or had Zika, tell your healthcare provider about

- His travel history
- How long he stayed
- If he took steps to prevent mosquito bites
- If you had sex without a condom

Testing

There are tests to detect Zika virus in semen but they are not widely available. We have a limited understanding of how to interpret the results of such tests, so testing of semen is not recommended. As we learn more, these tests may become more helpful to determine the risk of sexual transmission of Zika.