

# Protecting Yourself and Others from Zika



For women living in areas where mosquitoes are not spreading Zika

- ▶ If a woman gets a Zika infection while she is pregnant, she may have a miscarriage or her baby may be born with serious birth defects.
- ▶ In some places, Zika is spread by mosquitoes. Zika can also be passed through vaginal, anal or oral sex, or sharing of sex toys with a man or woman with Zika.
- ▶ If you or your sex partner(s) live in, or travel to, an area with Zika — you may get Zika.



## How to protect yourself and others

### Prevent getting Zika from sex

To prevent getting Zika when having sex with someone who has traveled to, or lived in, an area with Zika:

Use condoms correctly every time

Or

Don't have vaginal, oral or anal sex

- ▶ For at least **6 months** from last possible exposure or when symptoms started (for male partners) and **8 weeks** from last possible exposure or when symptoms started (for female partners)

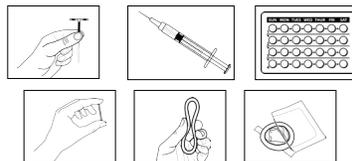


### Use birth control if you wish to prevent pregnancy

A woman may be exposed to Zika before she even knows she's pregnant.

Without birth control, about 85 out of 100 sexually active women get pregnant within one year.

There are many examples of birth control that are safe and effective.



Talk with your healthcare provider about what's important to you in a method.

### Prevent getting Zika from mosquitoes

If you or your sex partner(s) travel to an area with Zika:

- ▶ Use Environmental Protection Agency (EPA)-registered insect repellent while you travel and for 3 weeks after returning home.
- ▶ Wear long sleeves, long pants and socks.
- ▶ Wear permethrin-treated clothing.
- ▶ Stay in places with air conditioning or window and door screens.
- ▶ Sleep under a mosquito net.
- ▶ Empty standing water near your home or work.
- ▶ Create and use your own Zika prevention kit: <http://www.cdc.gov/zika/pdfs/zika-prevention-kit-english.pdf>



## How the risk of Zika may affect pregnancy plans



- ▶ Women and couples at risk for Zika may wish to delay pregnancy until more is known about the virus.
- ▶ Pregnant women are advised **not** to travel to areas with Zika. Those attempting conception should consider avoiding non-essential travel to these areas.
- ▶ If a **woman potentially has been exposed** to Zika through travel or sexual activity, she should **wait at least 8 weeks from her last potential exposure before trying to get pregnant**. If she develops symptoms of Zika, she should wait at least 8 weeks after the symptoms start.
- ▶ If a **man has been exposed** to Zika, the couple should **wait at least 6 months after the last possible exposure or after symptoms started** before trying to get pregnant. Use condoms and consider using additional contraception or not having sex during this time. This is because Zika can still be in a man's semen many months after he first gets the virus.
- ▶ If a woman is pregnant, and her partner is at risk of Zika, they should **use condoms** for vaginal, anal or oral sex, or not have sex or share sex toys **throughout** the entire **pregnancy**.

## What are your thoughts about pregnancy?

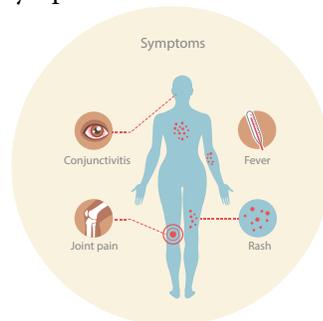
Talk to your healthcare provider about your future plans for pregnancy, and options for birth control if you don't want pregnancy now.



**We can help answer your questions about Zika, pregnancy and birth control.**

## Symptoms of Zika

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting for several days to a week. Common symptoms are:



- ▶ Fever
- ▶ Rash
- ▶ Joint pain
- ▶ Red eyes

You can spread Zika even if you do not have symptoms.

For more information and services contact:

Find the latest information about Zika on the Centers for Disease Control website: <http://www.cdc.gov/zika/>