

Pregnancy and Sexual Transmission

ZIKA VIRUS



THE ZIKA VIRUS CAN BE SEXUALLY TRANSMITTED.

Even though Zika is most commonly transmitted through mosquitoes, men and women can pass Zika through sex. The virus can be spread when your partner **has symptoms, before symptoms start, and after symptoms end**. The Zika virus can also stay in semen much longer than in other body fluids.

PREVENTION



Male and Female Condoms can reduce the risk of getting Zika from sex if used correctly from start to finish, every time you have vaginal, anal, or oral sex, and through the sharing of sex toys.



Not having sex eliminates your risk of getting Zika from sex.



PREGNANT OR THINKING ABOUT GETTING PREGNANT?

Because Zika can cause birth defects like microcephaly and other severe brain defects, **you should take precautions to prevent infection** during your pregnancy if you or your partner lived in or have recently traveled to a Zika-affected area.



To learn more, visit www.health.mil/Bugs
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