

Zika and Sex: Information about sexual transmission of Zika virus for couples trying to become pregnant



What we know

- Zika outbreaks are occurring in many countries in the Americas.[†]
- Zika virus can cause a birth defect called microcephaly (small head and brain) and other severe fetal brain defects.
- Zika virus can be spread by a man with Zika to his sex partners.
- The virus stays in semen longer than in blood.
- Most people infected with Zika virus don't have any symptoms.

CDC suggests the following wait times* before attempting to become pregnant after possible exposure to Zika virus:

- Men who are diagnosed with Zika or had symptoms of Zika should use condoms or not have sex for at least 6 months after symptoms began. This includes men who live in and men who traveled to areas with Zika[†].
- Men who traveled to an area with Zika but did not develop symptoms of Zika should use condoms or not have sex for at least 8 weeks after their return from an area with Zika.
- Women with Zika should wait at least 8 weeks after symptom onset before attempting conception.
- Asymptomatic women with possible Zika virus exposure (e.g., through sex with someone with Zika or through travel to an area with Zika) should wait at least 8 weeks after the last date of exposure before attempting conception.



Check the CDC Zika website for the latest updates as recommendations may change as more information becomes available: <http://www.cdc.gov/zika/transmission/sexual-transmission.html>

This CDC MMWR article has more details: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2.htm>

[†] An up-to-date list of areas with Zika can be found here: <http://www.cdc.gov/zika/geo/index.html>

* These timeframes for using condoms or waiting to have sex will vary based on the couple's situation and concerns.