

# Zika and Sex: Information for Pregnant Women Living in Virginia



## What we know

- Zika virus can be spread by a man with Zika to his sex partners.
- The virus stays in semen longer than in blood.

## What we don't know

- How long Zika virus can stay in the semen of infected men or spread through sex.
- If men infected with Zika who never develop symptoms can have Zika virus in their semen or spread Zika through sex.
- If a woman can spread Zika virus to her sex partners.



## What you should know about Zika and sex if you are pregnant and your sexual partner traveled to an area with Zika.\*

Zika virus can cause a birth defect called microcephaly<sup>†</sup> and other severe fetal brain defects. Take steps to prevent infection during your pregnancy:

If you have vaginal, anal, or oral sex (mouth-to-penis), use a condom from start to finish, every time you have sex during the pregnancy.

OR

Don't have sex during your pregnancy.



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

- If he has taken steps to prevent mosquito bites.
- If you had sex without a condom.

\* Visit <http://www.cdc.gov/zika/geo/index.html> for an up-to-date list of Zika-affected areas.

† Visit <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html> for more information about microcephaly