

# ZIKA + MEN

## PROTECT YOURSELF AND YOUR PARTNER

### Zika spreads to people through:

- A Zika-infected mosquito
- Sex (vaginal, anal and oral)
- An infected pregnant woman to her developing baby

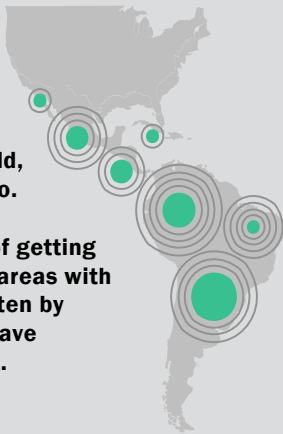
### How does Zika affect men?

- Zika is spread through sex, and the virus stays in semen for at least 3 months.
- The greatest risk of Zika is to a pregnant woman's developing baby. Zika can cause **miscarriage** and **severe birth defects**.

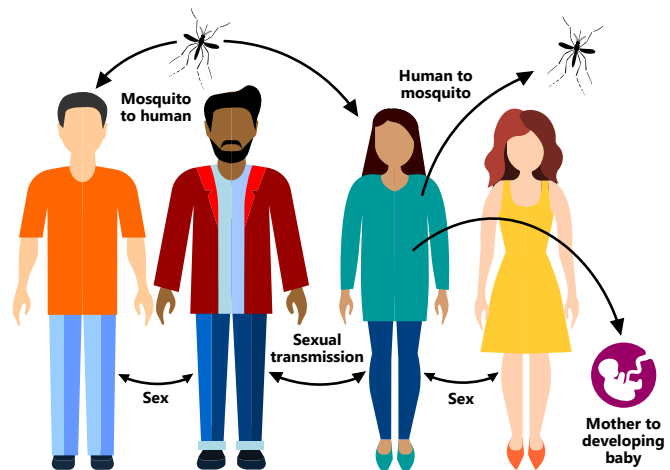
### Recently been to an area with Zika?

Zika is still active in many parts of the world, including Mexico.

You are at risk of getting Zika if you visit areas with Zika and are bitten by mosquitoes or have unprotected sex.



### Transmission of Zika



### For All Men:

- Prevent mosquito bites by using EPA-registered insect repellents while staying in areas with Zika.
- Practice safer sex with all sexual partners (male or female) while in areas with Zika **AND** for 3 months after you return:
  - >> Safer sex means using condoms (male or female) and dental dams during vaginal, anal and oral sex.
  - >> Not having sex is the only way to be sure that you prevent sexual transmission of Zika.

### For Men With a Pregnant Partner:

- Do not go to areas with Zika, or use EPA-registered insect repellents if you must visit these areas.
- If you have recently been to an area with Zika, either do not have sex **OR** practice safer sex for the rest of your partner's pregnancy. You can pass the virus through sex, even if you don't have symptoms.



**LEARN MORE:**  
[www.cdph.ca.gov/Zika](http://www.cdph.ca.gov/Zika)  
#TalkZIKA

**WHERE IN THE WORLD IS ZIKA?**  
[www.cdc.gov/zika/geo](http://www.cdc.gov/zika/geo)