



## ZIKA VIRUS: RECOMMENDATIONS FOR PERSONS WHO MAY HAVE BEEN EXPOSED TO ZIKA

### 1. Avoid mosquito bites by staying indoors or using insect repellent for three weeks.

- If you were recently infected, Zika virus can be present in your blood and may be passed to a mosquito that bites you. An infected mosquito can then spread the virus to other people. Please protect yourself from mosquito bites by staying indoors or using insect repellent for at least three weeks after your exposure even if you do not feel sick.
- For information on how to protect yourself from mosquito bites, please visit <http://www.cdc.gov/zika/pdfs/mosqprevinus.pdf>.

### 2. Abstain from sexual contact or use condoms during sex.

- If you were recently infected, Zika can be passed through sex from you to your partner even if you do not feel sick.
- Women who have been diagnosed with a Zika infection, OR who have visited a Zika-affected area, OR who have had unprotected sex with a person who has visited an affected area should abstain from sex or use barrier protection each time they have sex for **at least eight weeks**.
- Men who have been diagnosed with a Zika infection, OR who have visited a Zika-affected area, OR who have had unprotected sex with a person who has visited an affected area should abstain from sex or wear a condom each time they have sex for **at least three months**.

### 3. Couples considering getting pregnant should avoid conception for at least eight weeks if only the woman traveled, or for at least three months if the man traveled.

Zika virus can be passed from a pregnant woman to her unborn child and may cause serious birth defects. Couples trying to get pregnant should delay conception for at least eight weeks (if only the woman traveled) or at least three months (if a male partner traveled) after symptoms begin or after a possible exposure to Zika virus.

### 4. Men who have traveled to areas where Zika virus transmission is occurring and who have a partner who is pregnant should abstain from sexual contact or use condoms for the entire duration of the pregnancy.

