

# Talk ZIKA: Sex Education

## Key Discussion Points Health Educators Can Share

### ZIKA 101:

- ✓ Zika is a virus that spreads to people primarily through mosquito bites in areas of the world with Zika.
- ✓ Zika is **ALSO sexually transmitted**, meaning an infected male can pass Zika to his partners during sex.
- ✓ Most people with Zika don't get sick, so they don't even know they have it—but they can still spread the virus.
- ✓ If you do develop symptoms of Zika, they include fever, rash, joint pain and/or red eyes.
- ✓ There is no vaccine to prevent or medicine to treat Zika.
- ✓ The greatest risk from Zika is to a pregnant woman's baby.
  - If a pregnant woman gets Zika, she can pass the virus to the baby, which can cause severe birth defects.

### ZIKA Prevention Tips:

- ✓ If you recently traveled to or lived in an area with Zika and are sexually active, follow the 8-6-3 rule:
  - 8 – For women, use a condom for at least 8 weeks – correctly, from start to finish – every time you have sex after returning from travel. This includes vaginal, anal and oral sex.
  - 6 – For men, use a condom for at least 6 months — correctly, from start to finish – every time you have sex after returning from travel. This includes vaginal, anal and oral sex.
  - 3 – Use an EPA-registered insect repellent for 3 weeks after you return to prevent spreading Zika back home.
- ✓ Condoms will help prevent the sexual transmission of the Zika virus, but should not be the only source of contraception for pregnancy prevention.
  - In addition to condoms, use a long-acting reversible contraceptive to prevent pregnancy.

### ZIKA At HOME:

- ✓ The mosquitoes that can carry the Zika virus are in parts of California.
- ✓ It's important to prevent these mosquitoes from breeding and biting.
  - Use window and door screens at home, and drain standing water where mosquitoes can lay eggs in your yard.
  - Wear long-sleeved shirts and long pants and use an EPA-registered insect repellent.