

# Use Condoms During Pregnancy



## — WHO —

Pregnant women and their partners.

## — WHAT —

Use condoms during pregnancy to prevent sexual transmission of Zika.

## — WHY —

The Zika virus can be transmitted through unprotected sexual activity even if the infected person does not have symptoms.

### KEY FACTS

- Most Zika infections produce no symptoms or only mild symptoms, but in pregnancy the virus can be transmitted to the fetus, causing certain birth defects. Therefore, it is particularly important to protect pregnant women from infection.
- Condom use is the only known behavior to prevent sexual transmission of the Zika virus to a sexually active pregnant woman.
- To be effective, a condom must be used correctly and consistently—during every sexual act throughout pregnancy.
- Research suggests that the Zika virus persists in a man's semen for up to 69 days; therefore, condoms should be used for at least three months after he was exposed to the mosquito that transmits Zika if his partner is pregnant or planning a pregnancy.

### HOW TO USE CONDOMS CORRECTLY

- Use a new condom for every sexual act.
- Use condoms with all sexual partners.
- Before using the condom, make sure that the wrapper is not broken and that the expiration date is valid.
- Put on the condom when the penis is erect and before penetration.
- Open the wrapper where it has a slit, using one's fingertips, not teeth or nails, which can damage the condom.

- When placing the condom, pinch the tip of the condom and then unroll it down to the base of the penis.
- After ejaculation, remove the condom by sliding it off the penis, using toilet paper to avoid any contact with semen or vaginal fluid.
- Wrap the used condom in toilet paper and put it in the trash.
- If another sexual act is desired immediately afterwards, use a new condom following the same instructions for putting it on and removing it from the penis.

### TIPS FOR PROMOTING CONDOM USE

- Promote dialogue between pregnant women and their partners, motivating them to talk openly about how the Zika virus can be transmitted sexually and the importance of using protection.
- Emphasize that condoms must be used during each sexual act, for at least three months before pregnancy and throughout pregnancy, to prevent Zika transmission.
- Focus counseling on the risk of Zika infection to the unborn baby as an effective way to motivate pregnant women and their partners to use condoms.
- Advise couples that abstaining from sexual relations is the other alternative to eliminate the risk of sexual transmission of Zika.

## SUPPORTING EVIDENCE

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## ABOUT BREAKTHROUGH ACTION+RESEARCH

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## PHOTO CREDIT

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