



COUNTY OF ORANGE
PUBLIC HEALTH
EPIDEMIOLOGY & ASSESSMENT

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Current Zika Virus Testing Recommendations

- **Zika symptoms:** About 80% of Zika virus infections are asymptomatic. When symptoms occur, they can include rash, fever, arthralgia, or conjunctivitis. Symptoms generally begin 3 to 7 days after exposure, are mild, and resolve within a week.
- **Zika virus and pregnancy:** Maternal Zika virus infection during pregnancy is associated with fetal disease, particularly microcephaly and ocular disease.
- **Sexual transmission of Zika virus** has been documented from both male and female cases to a partner. Pregnant women with sex partners (male or female) who live in or who have traveled to an area with active Zika virus transmission should consistently and correctly use barriers against infection during sex or abstain from sex for the duration of the pregnancy.

Travel Recommendations

- **Recommendations for travel to Florida:** Pregnant women should avoid non-essential travel to the Miami-Dade County areas with active Zika virus transmission identified by the Florida Department of Health. Anyone who does travel to these areas should take precautions to avoid mosquito bites while there. On return, they should take precautions related to sexual activity and receive testing as indicated for travelers to areas where virus spread is endemic. Updated information on the situation in Florida, including areas where transmission has been identified, can be found at <http://www.cdc.gov/zika/intheus/florida-update.html>.
- **Over 50 countries have been identified to have local transmission of Zika:** For a list of countries with local spread of Zika visit <http://www.cdc.gov/zika/geo/active-countries.html>.
- Men or women who reside in or have traveled to an area of active Zika virus transmission and who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms during sex (i.e., vaginal intercourse, anal intercourse, or fellatio) for the duration of pregnancy.
- **If a traveler to an area with active Zika transmission and their partner are planning a pregnancy, they should discuss plans for pregnancy with a healthcare provider to determine the risk and the options available.**

Suggested timeframes to wait before trying to get pregnant following possible exposure via recent travel or sex without a condom with a man infected with Zika		
	Women	Men
Zika Symptoms	Wait at least 8 weeks after symptoms begin.	Wait at least 6 months after symptoms begin.
No Zika Symptoms	Wait at least 8 weeks after symptoms begin.	Wait at least 8 weeks after symptoms begin. Talk with your healthcare provider

Adapted from <http://www.cdc.gov/zika/pregnancy/women-and-their-partners.html>

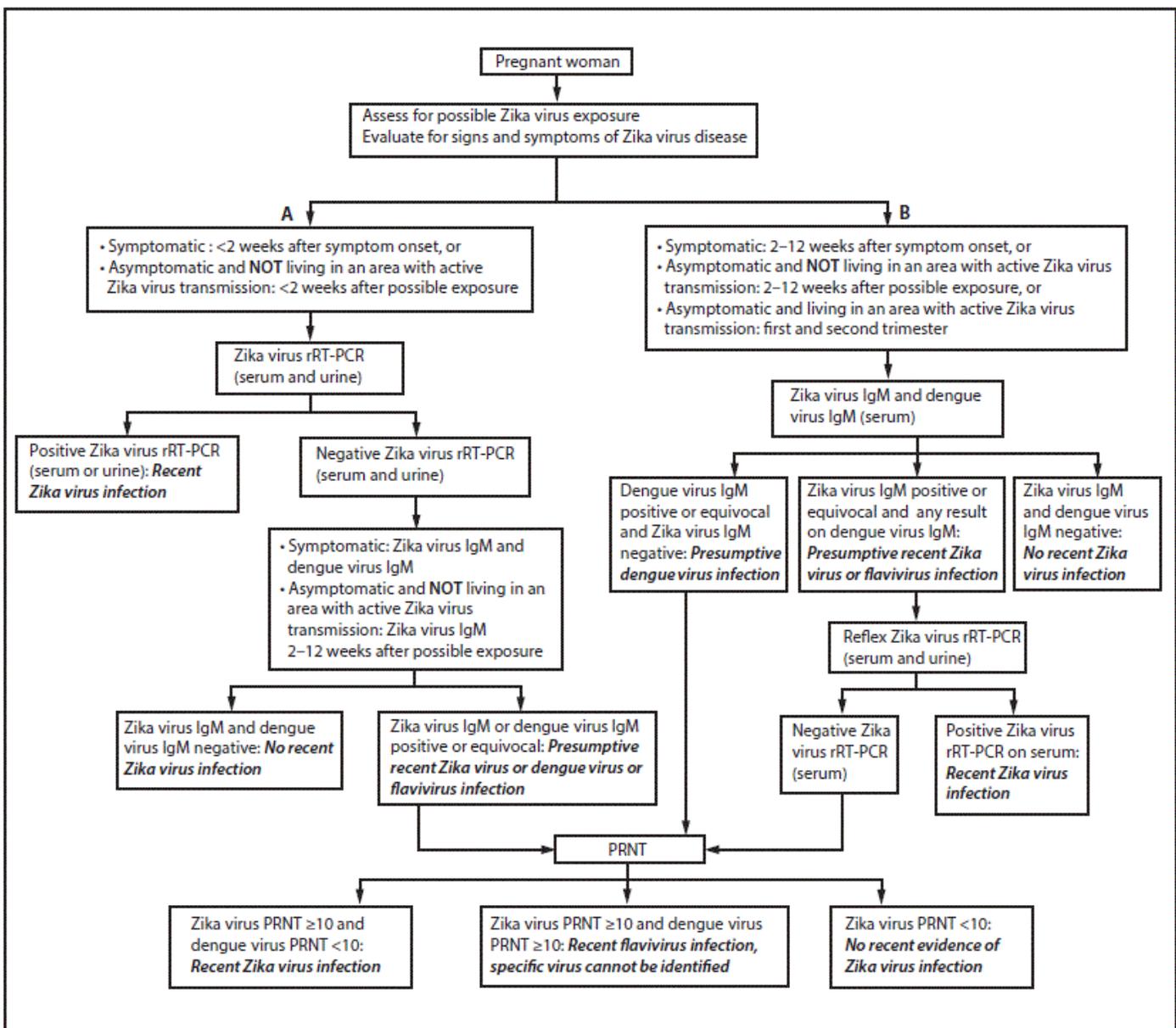
Who Should Be Tested for Zika Virus Infection

- Testing for Zika virus infection is recommended for pregnant women who have a history of travel to an area with Zika virus transmission during pregnancy or sexual exposure to a recent traveler to an area with local Zika virus transmission. Specific testing recommendations vary for symptomatic vs. asymptomatic pregnant women (see figure on next page).
- Men and nonpregnant women with a history of symptoms within two weeks of travel to a region with Zika virus spread should be tested.
- Contact OCHCA to arrange testing for any infant with suspected congenital disease

Recommendations for Zika Testing of Symptomatic Patients			
	Recommended Testing		
Days after symptoms begun	Serum PCR	Urine PCR	Serum IgM
≤ 14 days	✓	✓	✓
>14-21 days		✓	✓
>21 days			✓

Note: The CDC recommends urine PCR testing within the first 14 days after symptoms develop; the test is considered most sensitive during this period. But urine samples have been found to be positive up to 21 days after symptoms begin, and OCHCA will accept specimens up until that point.

FIGURE. Updated interim guidance: testing and interpretation recommendations for a pregnant woman with possible exposure to Zika virus — United States (including U.S. territories).



From http://www.cdc.gov/mmwr/volumes/65/wr/mm6529e1.htm?s_cid=mm6529e1_e;
Poster form can be found at http://www.cdc.gov/zika/pdfs/testing_algorithm.pdf

Notes:

- Private laboratories (Quest and Lab Corp) are now performing Zika virus PCR testing of serum and/or urine. Symptomatic patients with negative RT-PCR tests must also undergo serologic Zika IgM testing, currently only provided by public health laboratories, in order to rule out infection.
- A positive serum IgM result by itself does not always indicate Zika virus infection and can be difficult to interpret since cross-reactivity can occur with related flaviviruses (e.g., dengue, Japanese encephalitis, West Nile, yellow fever). Serum PRNT confirmatory testing will be performed in all IgM-positive cases.
- Zika virus infection symptoms and epidemiology overlap with those of dengue and chikungunya. When evaluating symptomatic persons for Zika, consideration should always be given to testing for all three infections.
- **To report suspect/confirmed cases of Zika, or for information on testing, contact the Orange County Health Care Agency Epidemiology and Assessment Program at 714-834-8180.**

CDC Interim Guidelines for Medical Providers:

- Clinical Guidance for Caring for Pregnant Women: <http://www.cdc.gov/zika/hc-providers/pregnant-woman.html>
- Clinical Guidance for Healthcare Providers Caring for Infants & Children: <http://www.cdc.gov/zika/hc-providers/infants-children.html>
- Clinical Guidance for Prevention of Sexual Transmission of Zika Virus: <http://www.cdc.gov/zika/hc-providers/clinical-guidance/sexualtransmission.html>