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## Health Care Provider Update Zika Virus Testing for Exposed Pregnant Women and Symptomatic Patients August 4, 2016

### Requested Actions:

- Follow guidelines of the Centers for Disease Control and Prevention (CDC) and the Washington State Department of Health regarding testing of exposed pregnant women and patients with symptoms of Zika virus infection. See table below.
- Be aware that local transmission is being reported from Miami, Florida, making this now an "affected area" dating back to June 15. For an up-to-date list of areas with active Zika transmission, see <http://www.cdc.gov/zika/geo/index.html>
- Assess pregnant women for possible Zika virus exposure (e.g., travel to affected area or unprotected sexual contact with a traveler returning from affected areas).
- Advise pregnant women to avoid (1) travel to affected areas and (2) unprotected sexual contact with returning travelers from affected areas (and with convalescing cases) for the full duration of their pregnancy.
- Be aware that individuals with Zika virus infection may transmit the virus to others through sexual contact—potentially even if they are asymptomatic. Although transmission by males is more common, transmission by a female has been reported. Barrier protection (e.g., condom use) is recommended for returning travelers from affected areas for 8 weeks after return, as well as for convalescing cases (males for 6 months and females for 8 weeks after onset of illness).
- Contact YHD at (509) 249-6541 to report a suspected case or to seek serologic testing for a patient meeting criteria set forth below.

### Testing Guidelines for Exposed Patient Based on Time since Onset (Symptomatic) or Last Exposure (Asymptomatic)

| Patient Type  | Time       | Serology <sup>3</sup> | RT-PCR <sup>4</sup>                      | Comment  |
|---|------------|-----------------------|--|--|
| Symptomatic <sup>1</sup><br>NON-pregnant <sup>2</sup> | <14days    | Only if PCR negative  | Serum <sup>5</sup><br>Urine <sup>6</sup> | Collect serum and store at minus-70C, forward to CDC for serology if RT-PCR negative.  |
|   | ≥14 days   | Serum                 | No                                       | Send serum to CDC.   |
| Symptomatic &<br>PREGNANT <sup>1</sup>                | <14 days   | Only if PCR negative  | Serum<br>Urine                           | Collect serum and store at minus-70C, forward to CDC for serology if RT-PCR negative.  |
|   | ≥14 days   | Serum                 | Serum*<br>Urine*                         | *Serum and urine will be tested by RT-PCR only if serum is IgM positive.   |
| Asymptomatic &<br>PREGNANT                            | <2 weeks   | No                    | Serum<br>Urine                           | If PCR-negative, collect another serum specimen at 2-12 weeks and submit for serology.   |
|   | 2-12 weeks | Serum                 | Serum*<br>Urine*                         | *Serum and urine will be tested by RT-PCR only if serum is IgM positive.   |
|   | >12 weeks  | No                    | No                                       | Fetal ultrasound. If microcephaly or intracranial calcifications, collect maternal serum and urine; consider amniocentesis.  |
| Asymptomatic &<br>NOT pregnant                        | Any        | No                    | No                                       | Testing not generally indicated, even if exposed. Advise to avoid mosquitos, cease unprotected sexual contact until 8 weeks after last exposure, and report any Zika-compatible illness. |

<sup>1</sup>Symptoms of Zika virus include **two or more of the following symptoms**: acute onset of fever, maculopapular rash, arthralgia, or conjunctivitis, during or within 2 weeks of exposure. Obtain specimens during the first week of illness if possible.

<sup>2</sup>Also submit serum to a commercial laboratory for dengue and chikungunya serology

<sup>3</sup>Serology (ELISA and plaque-reduction neutralization) only available through CDC.

<sup>4</sup>RT-PCR is available through commercial laboratories.

<sup>5</sup>Collect 2mL serum. Spin down. Store in a cryotube, serum separator, or tiger top tube. Freeze to -70C. Ship overnight on ice.

<sup>6</sup>Collect >1mL urine. Store in a sterile, tight fitting screw-top container. Freeze to -70C. Ship overnight on ice.

### For more information:

CDC. Zika Virus. <http://www.cdc.gov/zika/index.html>

CDC. For Health Care Providers. <http://www.cdc.gov/zika/hc-providers/index.html>

CDC. Zika and Sexual Transmission. <http://www.cdc.gov/zika/transmission/sexual-transmission.html>

DOH. Zika Virus. <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/ZikaVirus>