

ZIKA TESTING GUIDELINES FOR PROVIDERS

Testing Recommended For:

Pregnant women who:

- Traveled or lived in a [Zika affected area](#) during pregnancy or in the 8 weeks before becoming pregnant
- Had unprotected sex with a partner who lived in or traveled to a Zika affected area while pregnant or in the 8 weeks before becoming pregnant

Non-pregnant women, men, and children who:

- Traveled to or lived in a Zika affected area in the past 12 weeks AND
- Have at least one symptom of fever, rash, joint pain and conjunctivitis within 2-14 days of travel

It is not recommended to test asymptomatic non-pregnant women, men, or children.

Testing Guidelines:

- Whether a patient is being tested at the Long Beach Health Department (LBHD) or a commercial lab, consultation must be made with the LBHD's Epidemiology Program at 562.570.4302 and a Zika Test Report Form must be submitted to 562.570.4374.
- The Long Beach Public Health Laboratory provides PCR and IgM serology testing for Zika

Diagnostic Tests:

PCR:

- Diagnoses Zika virus accurately during the first fourteen days after the onset of symptoms (or last potential exposure for asymptomatic pregnant woman)
- Positive Zika virus rRT-PCR confirms Zika virus infection
- Negative rRT-PCR does not rule out Zika virus infection, because Zika virus RNA in serum and urine decreases quickly after fourteen days

IGM:

- Recommended in the 2 to 12 week period after onset of symptoms (or last potential exposure for asymptomatic pregnant women)
- Positive IgM may be a false positive caused by a cross reaction with another flavivirus such as West Nile or Dengue, so confirmatory testing is necessary

Plaque-reduction neutralization test (PRNT):

- Confirmatory test for Zika virus
- Differentiates between recent infections with Zika virus versus an infection with another flavivirus
- Specimens needing PRNT confirmation are sent automatically to an approved laboratory

Testing Process may take from 2-4 weeks, depending on what test(s) may need to be conducted

Specimen Collection:

- Serum – at least 2 ml of serum or 5 ml of whole blood in a red top or serum separator tube.
- CSF – at least 1 ml
- Urine or Amniotic fluid – at least 2 ml. Transfer urine or amniotic fluid in a 3-5 ml sterile screw- cap tube and seal with parafilm

Specimen Storage, Transport & Shipping:

- Store all specimens at 4°C and ship on cold packs within 24 to 72 hours after collection