

Zika Testing Guidelines

On-Call Epidemiologist: 1-800-256-2748

Fax: 504-568-8290

As of November 2019, the CDC only recommends Zika testing for pregnant patients with potential exposure to Zika virus who either have symptoms of the disease or have prenatal ultrasound findings consistent with congenital Zika virus infection.

Testing Guidelines	
Patient Group	Test Guidance
Symptomatic pregnant individuals with potential exposure within the past 12 weeks.	Zika/ Dengue PCR and Dengue IgM
Asymptomatic pregnant individuals with potential exposure.	Testing is not routinely recommended
Pregnant individuals with potential exposure who have prenatal ultrasound findings consistent with congenital Zika virus infection.	Zika/Dengue PCR and Zika IgM
Symptomatic non-pregnant patients should refer to testing guidance for dengue virus . Routine Zika testing is NOT currently recommended for this group based on the current epidemiology of these viruses.	≤ 7 days after symptom onset <ul style="list-style-type: none"> Dengue PCR > 7 days after symptom onset <ul style="list-style-type: none"> Dengue IgM

To Request Testing at the State Public Health Lab

- Determine that patient meets testing criteria described above
- Contact Infectious Disease Epidemiology at 1-800-256-2748 for testing approval, sample collection and shipping information, and lab submission forms (Lab Form 96)
- If testing a patient outside of the CDC criteria, providers can contact Infectious Disease Epidemiology for guidance on commercial testing as well.

Reference Information

Symptoms: Rash, fever, arthralgia, conjunctivitis, Guillain-Barré syndrome

Exposure is defined as travel to an area with active dengue transmission or risk of Zika OR unprotected sexual contact with an individual who has travelled to an area with risk of Zika within the previous three months.

Zika IgM antibodies persist for months to years following infection. Detecting Zika IgM antibodies might not indicate a recent infection. There is notable cross-reactivity between dengue IgM and Zika IgM antibodies in serologic tests. Antibodies generated by a recent dengue virus infection can cause the Zika IgM to be falsely positive. Therefore, Zika IgM testing is **ONLY** recommended for pregnant individuals with prenatal ultrasound findings consistent with congenital Zika virus infection.

*Testing recommendations change periodically. Please contact Infectious Disease Epidemiology for further information or visit the CDC's website at www.cdc.gov/zika.