



Health Advisory

Date: May 25, 2017
From: Spokane Regional Health District (SRHD) Epidemiology
To: Spokane County Healthcare Providers
Subject: Decrease in Zika Virus Testing Availability Through the Washington State Public Health Laboratories (PHL)

Please ensure that this information is shared with the appropriate personnel in your facility. Thank you.

Current levels of Zika testing at Washington State Public Health Laboratories (PHL) are unsustainable. To ensure continued testing availability, **as of June 1, testing for Zika virus at PHL is now limited to:**

- Patients for whom cost is a barrier to testing
- Infants with possible congenital exposure to Zika virus

CDC Zika testing criteria for these groups must be met. Testing pre-approval from the local health jurisdiction will continue to be required. All infant testing should continue to be performed by PHL. **Reminder:** To be tested at PHL, a completed [Zika Intake Form](#) (including sexual exposure information), and a correctly completed [Zika Test Request form](#) are **required**. These documents are available at <http://www.srhd.org/providers/>.

Beginning June 1, all other individuals should be tested using the normal mechanism for obtaining clinical commercial laboratory testing and following the CDC testing algorithm. *Local health jurisdiction approval is not required for commercial testing.*

- Zika virus testing (NAA or RT-PCR and IgM) is available through many commercial laboratories, including LabCorp, ARUP, Quest, Mayo and others.
- Public Health is available for consultation about determining whether possible Zika virus exposure occurred, choosing the correct testing algorithm, and following up with patients who test positive. **Report suspected Zika virus cases by calling SRHD Epidemiology at 509-324-1442.**

Important Reminders:

- Counsel women who are pregnant or planning to become pregnant to avoid travel to areas with Zika virus transmission risk and to avoid unprotected sex with sexual partners who have traveled to areas with CDC Zika travel notices (cdc.gov/zika/geo/).
- **Assess all pregnant women for possible Zika virus exposure at each prenatal care visit. Record travel history and sexual partner travel history at every visit and counsel pregnant women about the risk of Zika virus infection.**
- Test every pregnant patient with possible exposure to Zika virus from:
 - Travel to an area with a CDC Zika travel notice, unprotected sex with someone who traveled to an area with a CDC Zika travel notice, or travel to another area with possible Zika transmission risk and development of symptoms consistent with Zika virus disease within 14 days of symptom onset.
 - Counsel women with possible Zika virus exposure to wait at least 8 weeks before trying to conceive, or at least 6 months if their male partner also had possible exposure to Zika virus

Resources

- DOH Zika webpage for Healthcare Providers: doh.wa.gov/YouandYourFamily/IllnessandDisease/ZikaVirus/healthcareprovidersClinicallabs
- CDC Zika webpage for Healthcare Providers: cdc.gov/zika/hc-providers/index.html

- CDC testing algorithms:
 - Symptomatic, <14 Days Following Symptom Onset: [cdc.gov/zika/pdfs/algorithm-for-us-testing-of-symptomatic-individuals.pdf](https://www.cdc.gov/zika/pdfs/algorithm-for-us-testing-of-symptomatic-individuals.pdf)
 - Symptomatic, >14 Days Following Symptoms Onset: [cdc.gov/zika/pdfs/algorithm-for-us-testing-of-symptomatic-individuals-chart-2.pdf](https://www.cdc.gov/zika/pdfs/algorithm-for-us-testing-of-symptomatic-individuals-chart-2.pdf)
 - Asymptomatic Pregnant Women: [cdc.gov/zika/pdfs/algorithm-for-us-testing-of-symptomatic-individuals-chart-3.pdf](https://www.cdc.gov/zika/pdfs/algorithm-for-us-testing-of-symptomatic-individuals-chart-3.pdf)

Zika Virus Test Ordering Guidance

If in doubt about whether testing is indicated, or which tests to order, contact SRHD Epidemiology at 509-324-1442 during business hours (or 509-869-3133 after hours). Testing should only be ordered for persons with symptoms consistent with Zika virus disease and possible exposure, or for asymptomatic/symptomatic pregnant women with possible Zika virus exposure and their infants. Testing should not be used to rule out infection for pre-conception planning.

If a patient meets CDC testing criteria:

- In general, order both an RT-PCR or NAA (on serum and urine) and an IgM ELISA (on serum).
- As the length of time since last travel or sexual exposure or disease onset increases past 14 days, viral RNA in serum and urine declines and RT-PCR or NAA will be less useful. For patients seen >2 weeks after disease onset or last exposure, IgM ELISA should be ordered.
- **For pregnant women who test negative in the first two weeks after last travel or sexual exposure, collect a second serum specimen for IgM ELISA between 2-12 weeks after last exposure.**
- For patients with symptoms consistent with mosquito-borne disease, dengue and chikungunya testing should also be ordered.
- A negative RT-PCR or NAA test never rules out Zika virus infection; order IgM ELISA on serum.
- A positive IgM ELISA is preliminary evidence of Zika virus infection that should be confirmed by PRNT testing at CDC:
 - Laboratories will automatically send IgM positive, equivocal, or inconclusive specimens to CDC for PRNT testing.
 - Decisions about clinical management of IgM positive patients should wait for PRNT results.
- If all or part of an exposure period occurred more than 12 weeks prior to specimen collection, infection in asymptomatic pregnant women cannot be ruled out. Contact SRHD Epidemiology about testing at birth.
- For infant testing or testing at the time of delivery, contact SRHD Epidemiology.

