TO: Physicians and other Healthcare Providers

Please distribute a copy of this information to each provider in your organization.

Questions regarding this information may be directed to the following Region IV health officers:

Alan Melnick, MD, MPH, CPH
Clark County Public Health, (360) 397-8412
Skamania County Community Health, (509) 427-3850

Jennifer Vines, MD, MPH
Cowlitz County Health & Human Services, (360) 414-5599
Wahkiakum County Health & Human Services, (360) 795-6207

Alert categories:

**Health Alert**: conveys the highest level of importance; warrants immediate action or attention.

**Health Advisory**: provides important information for a specific incident or situation; may not require immediate action.

**Health Update**: provides updated information regarding an incident or situation; no immediate action necessary.
Summary

The Centers for Disease Control and Prevention (CDC) has released revised guidance for testing of pregnant women with possible Zika virus exposure. As part of this guidance, CDC encourages providers to check with state or local areas for jurisdictional recommendations, which may differ from CDC guidance based on epidemiologic considerations. Please note the slightly different guidance from the Washington Department of Health, below.

CDC guidance includes two main changes:
- Extending PCR testing out to 12 weeks for pregnant women with symptoms consistent with Zika virus disease OR with fetal/infant findings consistent with congenital Zika virus syndrome.
- CDC is no longer routinely recommending Zika virus testing for asymptomatic pregnant women who were recently exposed to Zika due to the increasing likelihood of false-positive test results as the prevalence of Zika virus decreases. Testing should be considered according to patient preferences and clinical judgement, taking into account duration and type of travel, use of protection measures, timing of pregnancy, and Zika virus prevalence in the location of travel.

The updated CDC recommendations can be found at: https://www.cdc.gov/mmwr/volumes/66/wr/mm6629e1.htm?s_cid=mm6629e1_w

Recommendations from the Washington State Department of Health (DOH) differ slightly from updated CDC recommendations

The Washington Department of Health will continue to recommend Zika virus testing for all pregnant women with possible Zika virus exposure due to ongoing identification of cases of Zika virus disease and infection following travel and concern about changing guidance mid-season.

During 2016, Washington saw a peak in arboviral disease cases, including Zika, during July-Sept. Therefore, DOH wants to remain consistent in guidance through the summer travel season and keep recommendations as clear as possible for providers. This recommendation will be re-evaluated at the end of the year based on case numbers and analysis of false positive results. Zika virus testing at Washington State Public Health Lab will expand to include PCR testing of all pregnant women out to 12 weeks (previously, PCR was only performed out to 2 weeks). CDC will no longer be offering routine placental testing for asymptomatic pregnant women with infants who appear normal at birth. Please see the following updated algorithms and contact your local health jurisdiction if you have questions about this testing guidance.

Note that CDC travel and sexual prevention recommendations have not changed.

To subscribe or unsubscribe from this listserv, email: Tippy.Hartford@clark.wa.gov.
Updated Washington State Zika Virus testing algorithms

Pregnant (regardless of symptoms) with exposure to an area with Zika virus risk if specimens collected <12 weeks since onset or last exposure

- Serum and urine specimens (positive with CSF or amniotic fluid)
- Test all specimens by RT-PCR/NAAT
  - Note: Urine and amniotic fluid are not acceptable specimen types for dengue and chikungunya RT-PCR

- Dengue (F symptomatic)
  - Serum or CSF positive for dengue virus infection.
  - Serum (and CSF, if tested) negative for dengue virus RNA.

- Chikungunya (F symptomatic)
  - Serum or CSF positive for chikungunya virus infection.
  - Serum (and CSF, if tested) negative for chikungunya virus RNA.

- Zika
  - Serum or CSF positive for Zika virus infection.
  - Serum (and CSF, if tested) negative for Zika virus RNA.

- Serological testing: Serum specimen should be tested by - DENV-MAC-ELISA
  - A dengue NS1 assay (if symptomatic)
  - If any NS1 assay yields positive or equivocal result for a specimen, results must be confirmed by PRINT.

- One or both tests are positive or equivocal forward for confirmation by PRINT.

- All tests negative; no further testing of specimen required.
  - If symptomatic, consider testing following exposure collected >12 weeks after exposure.

- PRINT: Serum tested by CDC or CDC-designated Confirmatory Testing Lab.
  - Combine PRINT results with results of other diagnostic tests to determine overall interpretation.

Pregnant (regardless of symptoms) with exposure to an area with Zika virus risk if specimens collected >12 weeks since onset or last exposure

- Serum and urine
  - Test serum by Zika MAC-ELISA

- Zika MAC-ELISA positive or equivocal:
  - Test serum and urine by RRT-PCR for Zika virus only
    - Either specimen positive, patient positive for Zika virus infection.
    - Both negative, Zika virus RNA cannot be identified due to decline in Zika virus RNA after infection
      - Forward serum for confirmation of Zika MAC-ELISA by PRINT

- Zika MAC-ELISA negative:
  - No further testing of specimen required
    - Interpretation: Cannot definitively rule out Zika virus infection due to potential decline in anti-Zika IgM over time

- PRINT: Serum tested by CDC or CDC-designated Confirmatory Testing Lab.
  - Combine PRINT results with results of other diagnostic tests to determine overall interpretation.

To subscribe or unsubscribe from this listserv, email: Tippy.Hartford@clark.wa.gov.
Contact your local health department at the following numbers:

- Clark County Public Health: (360) 397-8182
- Cowlitz County Health Department: (360) 414-5599
- Skamania County Community Health: (509) 427-3850
- Wahkiakum County Health and Human Services: (360) 795-6207

Resources

- DOH Zika webpage for Healthcare Providers: [http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/ZikaVirus/healthcareproviders](http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/ZikaVirus/healthcareproviders)
- Clinicallabs