



# County of Santa Cruz

## HEALTH SERVICES AGENCY

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PUBLIC HEALTH DIVISION

## PROVIDER HEALTH ADVISORY

**Subject: Zika Virus Testing**  
Date: February 11, 2016  
Contact: Communicable Disease Unit (831) 454-4114

**BACKGROUND: Zika** is an infectious disease caused by the Zika virus, which is transmitted to people by *Aedes* mosquitos. Most infected people have no symptoms. If symptoms develop, the most common are fever, rash, joint pain, and/or conjunctivitis. Symptoms usually begin 3-7 days after a person is bitten by an infected mosquito and last several days to a week. The illness is usually mild, and severe disease requiring hospitalization is uncommon. There is no specific treatment for Zika virus disease. **To date there has been no local transmission of Zika Virus in California.**

**UPDATE:** On February 5, 2016, The U.S. Centers for Disease Control and Prevention (CDC) released two new interim guidelines on Zika:

- For prevention of sexual transmission of Zika virus  
[http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e1er.htm?s\\_cid=mm6505e1er\\_e](http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e1er.htm?s_cid=mm6505e1er_e)
- For healthcare providers caring for pregnant women and women of reproductive age  
[http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s\\_cid=mm6505e2er\\_e](http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2er.htm?s_cid=mm6505e2er_e).  
This Health Advisory is an update to guidance issued by Santa Cruz County Health Services Agency on January 25, 2016 and February 1, 2016.
- For more detailed information about Zika-related fetal and infant monitoring and testing please see the CDC January 20, 2016 release, *Interim Guidelines for the Evaluation and Testing of Infants with Possible Congenital Zika Virus Infection:*  
<http://www.cdc.gov/mmwr/volumes/65/wr/mm6503e3.htm>

**FOR TESTING:** Contact Santa Cruz County Public Health / Communicable Disease Unit (CDU) at 831-454-4114 to facilitate testing. We will request submission of the Zika Virus Testing Criteria / Guidelines Form via fax to (831) 454-5049

<http://www.santacruzhealth.org/Portals/7/Pdfs/CD/201601ZikaTestingForm.pdf>

**Current recommendations for Zika virus testing** according to California Department of Public Health (CDPH) are as follows:

- **Pregnant women and others with symptoms** consistent with Zika virus disease **that develop during or within 2 weeks of travel** to areas with ongoing Zika virus transmission. **Serum specimens should be collected within 7 days of symptom onset.** Please see areas of known Zika transmission in the Americas here:  
[http://www.paho.org/hq/index.php?option=com\\_content&view=article&id=11657&Itemid=41716&lang=en](http://www.paho.org/hq/index.php?option=com_content&view=article&id=11657&Itemid=41716&lang=en)

- **Asymptomatic pregnant women** (women who do not report clinical illness consistent with Zika virus disease) who have traveled to areas with ongoing Zika virus transmission: Testing can be offered 2–12 weeks after the pregnant woman returns from travel. (Please note that interpretation of serologic results among asymptomatic pregnant women is complex and should be done in consultation with public health officials or other experts.)
- If a provider has serious concerns about patients who may not fall within the current screening criteria please contact the Communicable Disease Unit at (831) 454-4114 and an evaluation will be made on a case by case basis.

**Specimen collection and submission:**

- **Please contact the Santa Cruz County Public Health CDU first at (831) 454-4114 to initiate lab testing. Specimens that have not been cleared by CDU will not be accepted for transport to the State labs.**
- If testing is indicated and approved, blood samples can be collected at Santa Cruz County Public Health Laboratory (PHL) at 1080 Emeline Avenue, Santa Cruz, between the hours of 8 AM and 4:30 PM (4:00 PM on Fridays). The lab is closed for lunch between 12:30 and 1:00 PM.
- Serum specimens drawn in other facilities (for patients who are Santa Cruz County residents) should be brought – serum separated and refrigerated – to the Santa Cruz County PHL only after clearance for testing has been granted from the CDU.
- Our local PHL will ship specimens directly to the CDPH Viral and Rickettsial Disease Laboratory (VRDL). VRDL personnel will forward specimens on to the CDC as appropriate, and the VRDL will track and report testing results.
- When requesting laboratory testing for Zika there is no need to order multiple tests (such as for Dengue, West Nile virus, etc.). A full panel of tests will be performed, with follow-up testing as indicated.
- **The optimal time for collection of acute phase blood for molecular testing is within 7 days after symptom onset.**
- Collect 5 to 7 ml of blood in a red top or serum separator tube.
- Please call the CDU for further questions at (831) 454-4114.

**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; unlikely to require immediate action.