



County of Santa Cruz

HEALTH SERVICES AGENCY

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PUBLIC HEALTH DIVISION

PROVIDER HEALTH ADVISORY

Subject: Zika Virus Testing - UPDATE

Date: April 19, 2016

Contact: Communicable Disease Unit (831) 454-4114

This Health Advisory is an update to guidance issued by Santa Cruz County Health Services on February 11, 2016.

BACKGROUND: Zika is an infectious disease caused by the Zika virus, which is transmitted to people by the bite of *Aedes* mosquitos and transmitted sexually from infected individuals to sexual partners. Most infected people have no symptoms. If symptoms develop, the most common are fever, rash, joint pain, and/or conjunctivitis. Symptoms usually begin within 2 weeks after a person is infected, and last several days to one week. The illness is usually mild; severe disease requiring hospitalization is uncommon. On April 13, 2016 The U. S. Centers for Disease Control and Prevention (CDC) acknowledged that “A causal relationship exists between prenatal Zika Virus infection and microcephaly and other serious brain anomalies.” There is no specific treatment for Zika virus disease. **To date there has been no local transmission of Zika Virus and no known transmission by mosquitos in California.**

CURRENT GUIDELINES: Refer to the California Department of Public Health’s *CDPH Zika Virus FAQ’s for Healthcare Providers* (4/1/16) for more detail:

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/ZIKAVirusFAQsforHealthCareProviders.pdf>

On April 1, 2016, the CDC released two new interim guidelines on Zika:

- One for prevention of sexual transmission of Zika virus:
<http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e3.htm>
- The other CDC update is for healthcare providers caring for pregnant women and women of reproductive age with possible Zika virus exposure, including pregnancy planning information: <http://www.cdc.gov/mmwr/volumes/65/wr/mm6512e2.htm> .
- For more detailed information about Zika-related evaluation and management of infants and children please see the CDC 2/26/16 release, *Interim Guidelines for Healthcare Providers Caring for Infants and Children with Possible Zika Virus Infection*:
http://www.cdc.gov/mmwr/volumes/65/wr/mm6507e1.htm?s_cid=mm6507e1_w.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 our *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 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 current areas of known Zika transmission in the Americas here: http://ais.paho.org/phip/viz/ed_zika_countrymap.asp
- **Pregnant women** who have not traveled, but have had sex without a condom with a male partner with possible Zika virus exposure should be tested for evidence of Zika virus infection **if the woman develops at least one sign or symptom of Zika virus disease or if her male partner has been diagnosed with Zika virus disease or a clinical illness consistent with Zika virus disease.**
- **Asymptomatic pregnant women** (who do not report clinical illness consistent with Zika virus disease) who have traveled to areas with ongoing Zika virus transmission during pregnancy or within 8 weeks prior to becoming pregnant can be offered testing within 2 to 12 weeks after return from travel.
- 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, Building D, Santa Cruz, between the hours of 8:30 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 at 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), and the VRDL will track and report testing results.
- When requesting laboratory testing for Zika there is no need to order multiple tests. A panel of arboviral tests (such as Zika, dengue and chikungunya) will be performed per CDC protocol, 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. Non-acute testing can be performed up to 12 weeks after exposure.
- Collect 5 to 10 ml of blood (at least 2 ml of serum) in a red top or serum separator tube.
- Urine testing can be considered in conjunction with blood testing.
- 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.



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