



Health, Housing & Community Services Department
Public Health Division
(510) 981-5300

Janet Berreman, MD, MPH
Health Officer

Health Alert

June 30, 2016

Recommendations for Subsequent Zika IgM Antibody Testing

Please distribute to all providers in your practice

Current Situation:

As of 6/24/2016, there have been 62 travel-associated cases of Zika reported in California. To date, there has been no local mosquito-borne transmission of Zika, and the risk of Zika virus transmission remains low in California. The current list of Zika-affected areas can be found here: <http://www.cdc.gov/zika/geo/index.html>. There is no vaccine or medication to prevent Zika virus infection.

KEY UPDATES:

- The CDC issued [interim guidance](#) for interpretation of Zika virus antibody test results. For persons with suspected Zika virus disease, a positive real-time reverse transcription polymerase chain reaction (PCR) result confirms Zika virus infection, and no antibody testing is indicated. However, because of the decline in the level of viremia over time and possible inaccuracy in reporting of dates of illness onset, a negative PCR result does not exclude Zika virus infection. Therefore, Zika IgM ELISA testing should be performed if PCR is negative.
- [Testing for Zika virus infection using PCR molecular assays is now commercially available.](#) Currently, commercial laboratories that offer PCR testing **do not** provide Zika IgM ELISA testing with PRNT confirmation and have no routine process to forward specimens to another testing laboratory. Therefore, when requesting Zika PCR testing from a commercial laboratory, providers should retain an aliquot of the serum for Zika IgM ELISA testing if the PCR testing is negative.

Recommendations:

- PCR testing should be performed for patients possibly exposed to Zika virus who have symptoms consistent with Zika virus infection within 7 days of illness onset.
- Providers who request PCR testing for Zika virus infection from a commercial testing laboratory are advised to retain and store in a refrigerator (2-8°C) an aliquot of the patient's serum for subsequent Zika IgM ELISA testing if the PCR is negative.
- For specimens that are PCR negative from the commercial laboratory and no stored serum specimen is available, another serum specimen should be collected within 12 weeks of illness onset for Zika IgM ELISA testing.
- Appropriate samples for molecular testing are serum samples collected within 7 days of illness onset and urine samples collected within 21 days of illness onset. Urine specimen must be submitted with a patient-matched serum specimen.

Actions Requested of Clinicians:

- **Report** suspected cases of Zika virus with appropriate symptomology and travel history to Berkeley Public Health by phone at 510-981-5300, after hours at 510-981-5911.
- **Test** patients with appropriate symptomology and travel history by arranging testing through Berkeley Public Health.
 - Obtain approval from Berkeley Public Health for testing by faxing the [Zika Virus Disease Testing Request form](#) to Berkeley Public Health at 510-981-5345.
- **Advise** patients to avoid mosquito bites. Refer travelers, particularly pregnant women, to CDC Travel Advisories for current information about travel.

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Laboratory Testing Guidance:

http://www.cdph.ca.gov/programs/vrdl/Documents/Zika_Testing_VRD_L_Quicksheet.pdf (Last Updated 5/11/16)

Prevention:

- There are no vaccines to prevent Zika infection.
- Travelers to regions with known Zika virus transmission should monitor CDC travel alerts and for pregnant women, consider postponing travel.
- Preventing mosquito bites is the only control measure to avoid becoming infected.
- If you have recently traveled to or lived in an area with active Zika transmission and are sexually active, follow the 8-6-3 rule:
 - 8 — Use a condom for at least 8 weeks every time you have sex after returning from travel. This includes vaginal, anal, and oral sex.
 - 6 — Use a condom for at least 6 months if you were diagnosed with Zika or had symptoms of Zika
 - 3 — Use an EPA-registered insect repellent for 3 weeks after you return to prevent spreading Zika

Resources for Health Care Providers:

- [California Department of Public Health \(CDPH\): Zika](#)
 - [FAQs for Health Care Providers](#) (Update 6/15/16)
 - [Identification of Local Transmission – Zika Testing Criteria for Persons without Travel-Related Exposure](#)
 - [Evaluation and Follow-Up Procedures for Suspected Congenital Zika Virus Infection](#)
- [Centers for Disease Control \(CDC\): Zika](#)
- [CDC MMWR: Zika Reports](#)

Resources for Travelers:

- [Centers for Disease Control and Prevention list of Zika-affected areas](#)
- [CDC Travel Alerts](#)
- [Traveler's Health: Zika Travel Information](#)
- [Surveillance and Control of Aedes aegypti and Aedes albopictus in the United States](#)

CDPH Zika Toolkits:

- [Zika Travel Outreach Toolkit](#)
- [Zika and Sexual Transmission Toolkit](#)
- [Zika and Pregnancy Outreach Toolkit](#)

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