Who Needs Testing for Zika Virus? Areas WITHOUT Local Transmission

Testing

For men and non-pregnant women living in an area without local Zika virus transmission, testing is recommended if the individual:

▶ Has a possible exposure to Zika and
▶ Has experienced symptoms of Zika virus within 2 weeks of possible exposure.

Exposure may occur during travel to an area with mosquito-borne Zika transmission or through sex with a person who has traveled to or lives in an area with active mosquito-borne Zika virus transmission. Potential sexual exposure is sex (vaginal, oral, or anal) or sharing sex toys without a condom with:

1. a male partner within 6 months of his last possible exposure or symptom onset; or
2. a female partner within 8 weeks of her last possible exposure or symptom onset.

Serum and urine collected from symptomatic patients < 14 days post onset of symptoms should be tested by Zika virus real time reverse transcriptase-polymerase chain reaction (rRT-PCR). A positive Zika rRT-PCR result in either specimen is sufficient to diagnose Zika virus infection. If Zika virus rRT-PCR results are negative for both specimens, serum should be tested by antibody detection methods. Serum that has been collected from patients presenting 2-12 weeks from onset of symptoms should be tested first by anti-Zika immunoglobulin (IgM) detection methods.

For information on the appropriate type and timing of testing, see the CDC Zika testing guidelines: https://www.cdc.gov/zika/laboratories/lab-guidance.html.

Whereas a positive Zika test result indicates the definitive need to delay pregnancy, a negative test result cannot be used to establish the absence of risk.

Testing is not indicated for asymptomatic men, or asymptomatic women who are not pregnant.

In an area without local transmission of Zika, the only circumstances under which testing is currently recommended for an asymptomatic person are the following:

1. Pregnant women who have either traveled to an area with local mosquito-borne transmission of Zika; or
2. Pregnant women who have had sex without a condom with a partner who lives in, or has traveled to, an area with mosquito-borne Zika transmission.

For more information, see CDC guidance about testing and care of pregnant women with possible Zika exposure: http://www.cdc.gov/zika/pdfs/testing_algorithm.pdf.