

October 3, 2016

Revised Zika Virus Testing Recommendations from the Virginia Department of Health

Virginia Department of Health (VDH) is revising its testing recommendations so the highest priority patients receive public health testing from Virginia's Division of Consolidated Laboratory Services (DCLS). Several private laboratories offer molecular (e.g., rRT-PCR) and serologic testing for Zika virus for the remaining patients indicated for testing. A current list of private laboratories that offer diagnostic testing is available [here](#). CDC testing recommendations can be found [here](#). VDH will remain available to all clinicians to assist with test result interpretations or to discuss additional scenarios on a case-by-case basis as needed.

When to Use VDH/DCLS for Zika Virus Testing

VDH recommends public health testing at DCLS (not a private laboratory) for patients who meet any of the following criteria. **[Local health department approval is required before sending specimens to DCLS.](#)**

- All pregnant women (regardless of symptoms) potentially exposed to Zika virus through travel to an [area with active Zika virus transmission](#), sexual exposure[†], or mosquito bites
- A fetus or infant
 - with suspected or confirmed microcephaly or other neurologic abnormality (diagnosed prenatally or at birth) whose mother was potentially exposed to Zika virus, or
 - whose mother had laboratory evidence of Zika virus infection during pregnancy
- A person who developed Guillain-Barré Syndrome or another neurologic manifestation and had potential exposure to Zika virus
- A person with an unusual potential exposure to Zika virus as described below
 - Any potential transfusion or transplant exposure or a laboratory exposure
 - Sexual exposure or local (Virginia) mosquito exposure and two or more Zika-compatible symptoms (e.g., fever, rash, arthralgia, conjunctivitis) within two weeks of exposure

When to use Private Laboratories for Zika Virus Testing[§]

VDH encourages the use of private laboratories for Zika virus testing for patients who meet all of the following criteria:

- Not pregnant,
- Uncomplicated clinical illnesses,
- Potential Zika virus exposure was related to travel to an [area with active Zika virus transmission](#), and
- Symptom onset was up to 2 weeks after that travel

[†] Sexual exposure means unprotected sex with someone who has traveled to or lives in an [area with active Zika virus transmission](#). Sexual exposure includes vaginal sex, anal sex, oral sex, or other activities that might expose a sex partner to genital secretions

[§] If Zika virus testing by a private laboratory is not feasible, please call your [local health department](#) to discuss.