

SYMPTOMS

- Zika is transmitted by mosquito between individuals. Other modes of transmission may occur, including from pregnant women to unborn fetus, blood transfusions and sexual transmission.
- About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).
- The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.
- The illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon. Deaths are rare.

DIAGNOSIS

- The symptoms of Zika are similar to those of dengue and chikungunya, diseases spread through the same mosquitoes that transmit Zika.
- Blood tests to look for Zika or other similar viruses like dengue or chikungunya will also be performed.

TESTING

Please contact the New Mexico Department of Health (NMDOH) on-call epidemiologist 24/7/365 at 505-827-0006 to facilitate testing if Zika virus infection is suspected. Testing for Zika virus will be conducted only upon prior approval from and in consultation with NMDOH for the scenarios mentioned below.

Pregnant Women

- Pregnant women presenting with signs and symptoms consistent with Zika virus disease (acute onset of fever, possibly with maculopapular rash, arthralgia, or conjunctivitis) within two weeks of travel to an area with ongoing transmission, or
- Asymptomatic pregnant women who report travel to an area with ongoing transmission during pregnancy (testing should be performed 2 to 12 weeks after return to continental United States).

Non-Pregnant Persons

- Patients presenting with signs and symptoms consistent with Zika virus disease (acute onset of fever, possibly with maculopapular rash, arthralgia, or conjunctivitis) within two weeks of travel to an area with ongoing transmission.

TESTING METHODS

Because of concurrent circulation of Zika, dengue, and chikungunya viruses and the similarity of illness presentation, CDC recommends concurrent testing for all three viruses in patients with a recent history of travel to an affected area and clinically compatible illness.

Appropriate testing will be determined by the laboratory based on how long after symptom onset the specimen is collected:

- Specimens collected ≤ 7 days after symptom onset should have molecular testing (RT-PCR) for all three viruses.
- Specimens collected 4–7 days after symptom onset should have molecular testing and serologic testing for virus-specific IgM antibodies. Because serum collected within 7 days of illness onset may not have detectable virus-specific IgM antibodies, IgM testing should be repeated on a convalescent-phase sample.
- Specimens collected > 7 days after symptom onset should have serologic testing for virus-specific IgM antibodies.

ZIKA VIRUS UPDATE LABORATORY TESTING JANUARY 2017, continued

The provider should complete the following form for each patient specimen (one for blood and one for urine):

- The NMDOH SLD clinical test request form, which is available at <http://nmhealth.org/publication/view/form/1497/>
[At the bottom of this form in the box marked "Virology," please write "Zika" on the "Other (Specify)" line.]

Because of the extensive cross-reactivity between the flaviviruses, **the following information must be provided with submitted specimens:**

- Travel history, onset date, specimen collection date, specimen type, description of clinical illness, vaccination history (specifically yellow fever and Japanese encephalitis vaccines), and submitter contact information.
- When submitting perinatal specimens or specimens collected from pregnant women, please include the gestational age of the fetus at the time of travel.

SPECIMEN REQUIREMENTS

SPECIMEN	COLLECTION KIT	SPECIMEN VOLUME	SHIPMENT
Serum	Red-tops or SST tube (Transfer serum to separate tube after centrifugation)	2-5 ml serum: Two tubes required, each with 2-5ml	Refrigerated (4°C), placed on cold packs if shipment is to be received within 72 hours of collection. For delays exceeding 72 hours, freeze at -70°C and ship on dry ice.
Urine	Sterile cup/tube	3-5 ml	

NOTE

- Urine specimens must be accompanied by blood specimens.
- Blood specimens may be sent without a urine specimen.

For specimen collection at Patient Access Centers:

1. Draw two SST tubes and collect urine specimen
2. Order ZIKAV
3. Send to Core Lab (see shipment instructions below)
4. Referral Testing should **send the specimens directly to NM State Laboratory Division with the completed SLD Clinical Test Request Form.**
 - a. **2 Clinical Test Request Forms must be completed, one for the urine specimen and one for the serum specimens**
 - b. If the specimens already have the form completed, send directly to New Mexico State Laboratory Division.
 - c. If there is no form completed, a pre-populated form is attached for your use. **Please complete the form as fully as possible** (sections required: Clinician Name and phone number, Patient information and Specimen information).

NOTE: Keep ALL paperwork that accompanies the specimens along the ENTIRE PROCESS.

SPECIMEN REQUIREMENTS

Standard precautions are sufficient for handling samples suspected of Zika Virus.

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