Testing Process:

1. Identify patient who needs testing
2. Collect the required information
3. Call Infectious Disease Epidemiology at the VT Department of Health for specimen submission approval at their 24/7 phone number (802) 863-7240
4. Collect the appropriate specimens
5. Fill out the VT Department of Health Laboratory (VDHL) Clinical Test Request Form Micro 220 to submit with the specimen

1. Patient who meets criteria for testing

- Any symptomatic* person with travel to an area with active Zika transmission within previous 2 weeks of symptom onset, OR
- Any symptomatic* person who had unprotected sexual exposure to a person** who had previously traveled to an area with active Zika transmission, OR
- A pregnant woman WITH or WITHOUT symptoms* who had a history of travel to an area with active Zika transmission within the previous 12 weeks, OR
- A pregnant woman WITH or WITHOUT symptoms* who had unprotected sexual exposure to a person** within the previous 12 weeks, who had previously traveled to an area with active Zika transmission

*Symptoms consistent with Zika virus include acute febrile illness, rash, arthralgia, conjunctivitis, myalgia or headache
**Person does NOT need to be a confirmed Zika virus case

NOTE: Current CDC research suggests that Guillain-Barre Syndrome (GBS) is strongly associated with Zika; however, only a small proportion of people with recent Zika virus infection get GBS. If you have a patient with a GBS diagnosis and a recent travel history to an area with active Zika transmission, call the VT Department of Health at (802) 863-7240 for further guidance on specimen collection for Zika lab testing.

Testing will not be approved for asymptomatic men, children or women considering pregnancy. The current CDC recommendation is for women to wait 8 weeks after return from travel to attempt conception.

Men should wait at least 6 months after symptoms start, or last possible exposure, before attempting to impregnate a woman. Men should use condoms or not have sex for at least 6 months after travel to area with active transmission (if asymptomatic) or for at least 6 months from the start of symptoms (or Zika diagnosis).

2. Required Information

- Patient’s name
- Patient’s demographic information
- If pregnant, estimated delivery date or date of LMP
- Symptom onset dates
- Patient’s DOB
- Pertinent travel history (locations and dates)
- Clinical symptoms, if symptomatic
- Specimens collected and dates of collection

3. Call Infectious Disease Epidemiology at the VT Department of Health: (802) 863-7240
4. Collect the appropriate specimens

<table>
<thead>
<tr>
<th>Person to be tested</th>
<th>Number of days between symptom onset and specimen collection</th>
<th>Type of test</th>
<th>What to collect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptomatic, non-pregnant</td>
<td>&lt;14 days</td>
<td>rRT-PCR assay *</td>
<td>1-2 mL of urine AND 1 mL of serum AND 1 mL of whole blood in EDTA lavender-top tube</td>
</tr>
<tr>
<td></td>
<td>≥14 days to 12 weeks</td>
<td>Zika IgM MAC ELISA</td>
<td>1 mL of serum</td>
</tr>
<tr>
<td>Pregnant and symptomatic</td>
<td>&lt; 14 days</td>
<td>rRT-PCR assay *</td>
<td>1-2 mL of urine AND 1 mL of serum AND 1 mL of whole blood in EDTA lavender-top tube</td>
</tr>
<tr>
<td></td>
<td>≥14 days to 12 weeks</td>
<td>Zika IgM MAC ELISA</td>
<td>1 mL of serum</td>
</tr>
<tr>
<td></td>
<td>&gt;12 weeks after return from travel or exposure</td>
<td>Not available</td>
<td>Testing currently not available</td>
</tr>
<tr>
<td>Pregnant and asymptomatic</td>
<td>Specimen collected &lt;14 days after return from travel or exposure</td>
<td>rRT-PCR assay**</td>
<td>1-2 mL of urine AND 1 mL of serum AND 1 mL of whole blood in EDTA lavender-top tube</td>
</tr>
<tr>
<td></td>
<td>2 – 12 weeks after return from travel or exposure</td>
<td>Zika IgM MAC ELISA</td>
<td>1 mL of serum</td>
</tr>
<tr>
<td></td>
<td>&gt;12 weeks after return from travel or exposure</td>
<td>Not available</td>
<td>Testing currently not available</td>
</tr>
</tbody>
</table>

* The rRT-PCR assay tests for Dengue, Chikungunya, and Zika. If negative for all three viruses, the Zika IgM MAC ELISA will be performed
** If negative, the health care provider should request collection of a follow-up serum specimen 2-12 weeks following exposure or return from travel. Follow up specimen will be tested by Zika IgM MAC ELISA.

**Specimen collection and storage instructions**

- Serum needs to be collected in serum separator tube and centrifuged prior to shipment. Urine needs to be in a sterile screw top tube. Collect whole blood in a filled EDTA lavender-top tube.
- Ship specimens cold (2–6°C) or frozen (-70°C) by courier to VDHL.

5. Complete the Vermont Department of Health Laboratory Micro 220 [Clinical Test Request Form](#)

Under the Virology section on page 2, beside “Other”, write in “Zika”. Testing is performed at no charge.

Send to: Vermont Department of Health Laboratory
359 South Park Drive
Colchester, VT 05446
(800) 660-9997 or (802) 338-4724
(802) 338-4706 (FAX)