



County of Santa Cruz

HEALTH SERVICES AGENCY

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PUBLIC HEALTH DIVISION

PROVIDER HEALTH ADVISORY

Subject: Zika Virus Testing
Date: January 25, 2016
Contact: Communicable Disease Unit (831) 454-4114

Background: **Zika** is an infectious disease caused by the Zika virus, which is transmitted to people by *Aedes* mosquitos. Most infected people have no symptoms. If symptoms develop, the most common are fever, rash, joint pain, and/or red eyes. Symptoms usually begin 3-7 days after a person is bitten by an infected mosquito and last several days to a week. The illness is usually mild, and severe disease requiring hospitalization is uncommon. There is no specific treatment for Zika virus disease. The only treatment option available is the provision of supportive care including rest, fluids, and use of analgesics and antipyretics. Please see additional updated CDC guidance for the care of pregnant women and Zika at <http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>.

The current criteria for Zika virus testing according to California Department of Public Health (CDPH) is as follows:

- **Onset of symptoms within 2 weeks of travel** to a Zika-endemic expanded geographic area. Please see implicated areas of Latin America here: http://www.paho.org/hq/images/stories/AD/HSD/IR/Viral_Diseases/Zika-Virus/2016-cha-autoch-human-cases-zika-virus-ew-2.jpg (“Expanded” area EXAMPLE: Travel to the Virgin Islands - Though the virus has not yet been documented there, it has been found on nearby islands.)
- **Strong suspicion based on symptoms** – fever, rash, joint pain, conjunctivitis; or (less commonly) muscle pain or headache.
- Santa Cruz County Public Health / Communicable Disease Unit (CDU) will need the **patient’s area of travel, dates of travel, date of symptom onset, and any clinical assessment information**. If the patient is pregnant we will need the EDC.

Reporting of suspected diseases:

- Please remember to report all suspected and confirmed cases of disease that are reportable under Title 17 of the California Code of Regulations. (Zika is considered an “occurrence of unusual disease” under Title 17.)

- **Please file a Confidential Morbidity Report (CMR) for suspected cases:**
<http://www.santacruzhealth.org/Portals/7/Pdfs/PH%20Reporting/cdph110a.pdf> as well as the **Zika Virus Testing Criteria / Guidelines form.**

Specimen collection and submission:

- **Please contact the Santa Cruz County Public Health CDU at (831) 454-4114 to initiate lab testing.**
- If testing is indicated, serum or CSF specimens should be brought (refrigerated) to the Santa Cruz County Public Health Laboratory (PHL) at 1080 Emeline Avenue, Santa Cruz, CA between the hours of 8 AM and 5 PM (Closed for lunch between 12:30 and 1:00 PM) after you have spoken to the CDU.
- Our local PHL will usually ship specimens to the CDPH Viral and Rickettsial Disease Laboratory (VRDL) the next business day. (In the case of pregnant patients VRDL will forward specimens on to the National Centers for Disease Control, but the VRDL will track and report testing results.)
- **When requesting laboratory testing for Zika there is no need to order multiple tests (such as for Dengue, Chikungunya, etc.) as a full panel of tests will be performed automatically, with follow-up testing as indicated.**
- The optimal time for collection of acute phase blood for molecular or serological assays is as soon as arboviral disease is suspected and up to 7 days after symptom onset.
- Collect 5 to 7 ml of blood in a red top or serum separator tube (or 2 to 3 ml of CSF in a sterile collection tube).
- Please call the CDU for further questions at (831) 454-4114.

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.



Public Health
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Santa Cruz County