

VT DEPARTMENT OF HEALTH CLINICAL LABORATORY SPECIMEN COLLECTION for ZIKA VIRUS

Specimen submission must be pre-approved by Infectious Disease Epidemiology
24/7 Phone Number: (802) 863-7240

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

- | | |
|--|---|
| <input type="checkbox"/> Patient's name | <input type="checkbox"/> Patient's DOB |
| <input type="checkbox"/> Patient's demographic information | <input type="checkbox"/> Pertinent travel history (locations and dates) |
| <input type="checkbox"/> If pregnant, estimated delivery date or date of LMP | <input type="checkbox"/> Clinical symptoms, if symptomatic |
| <input type="checkbox"/> Symptom onset dates | <input type="checkbox"/> 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

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

* 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)