

# HEALTH ADVISORY



**Public Health**  
Prevent. Promote. Protect.

## **REGION IV PUBLIC HEALTH**

Clark, Cowlitz, Skamania, Wahkiakum  
counties and Cowlitz Tribe

**TO: Physicians and other Healthcare Providers**

**Please distribute a copy of this information to each provider in your organization.**

Questions regarding this information may be directed to the following Region IV health officers:

**Alan Melnick, MD, MPH, CPH**

Clark County Public Health, (360) 397-8412

Skamania County Community Health, (509) 427-3850

**Jennifer Vines, MD, MPH**

Cowlitz County Health & Human Services, (360) 414-5599

Wahkiakum County Health & Human Services, (360) 795-6207

### **Alert categories:**

**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; no immediate action necessary.

---

To subscribe or unsubscribe from this listserv, email: [Tippy.Hartford@clark.wa.gov](mailto:Tippy.Hartford@clark.wa.gov).

### *Summary*

---

The Centers for Disease Control and Prevention (CDC) has released revised guidance for testing of pregnant women with possible Zika virus exposure. As part of this guidance, CDC encourages providers to check with state or local areas for jurisdictional recommendations, which may differ from CDC guidance based on epidemiologic considerations. **Please note the slightly different guidance from the Washington Department of Health, below.**

CDC guidance includes two main changes:

- Extending PCR testing out to 12 weeks for pregnant women with symptoms consistent with Zika virus disease OR with fetal/infant findings consistent with congenital Zika virus syndrome.
- CDC is no longer routinely recommending Zika virus testing for asymptomatic pregnant women who were recently exposed to Zika due to the increasing likelihood of false-positive test results as the prevalence of Zika virus decreases. Testing should be considered according to patient preferences and clinical judgement, taking into account duration and type of travel, use of protection measures, timing of pregnancy, and Zika virus prevalence in the location of travel.

The updated CDC recommendations can be found at:

[https://www.cdc.gov/mmwr/volumes/66/wr/mm6629e1.htm?s\\_cid=mm6629e1\\_w](https://www.cdc.gov/mmwr/volumes/66/wr/mm6629e1.htm?s_cid=mm6629e1_w)

### ***Recommendations from the Washington State Department of Health (DOH) differ slightly from updated CDC recommendations***

---

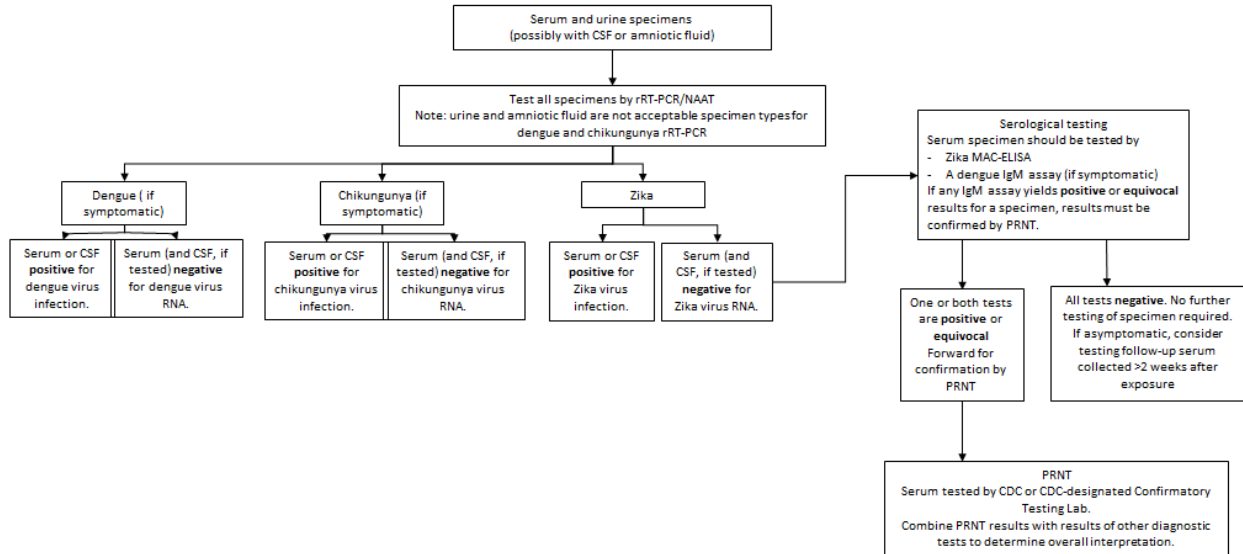
The Washington Department of Health will continue to recommend Zika virus testing for **all** pregnant women with possible Zika virus exposure due to ongoing identification of cases of Zika virus disease and infection following travel and concern about changing guidance mid-season.

During 2016, Washington saw a peak in arboviral disease cases, including Zika, during July-Sept. Therefore, DOH wants to remain consistent in guidance through the summer travel season and keep recommendations as clear as possible for providers. This recommendation will be re-evaluated at the end of the year based on case numbers and analysis of false positive results. Zika virus testing at Washington State Public Health Lab will expand to include PCR testing of all pregnant women out to 12 weeks (previously, PCR was only performed out to 2 weeks). CDC will no longer be offering routine placental testing for asymptomatic pregnant women with infants who appear normal at birth. Please see the following updated algorithms and contact your local health jurisdiction if you have questions about this testing guidance.

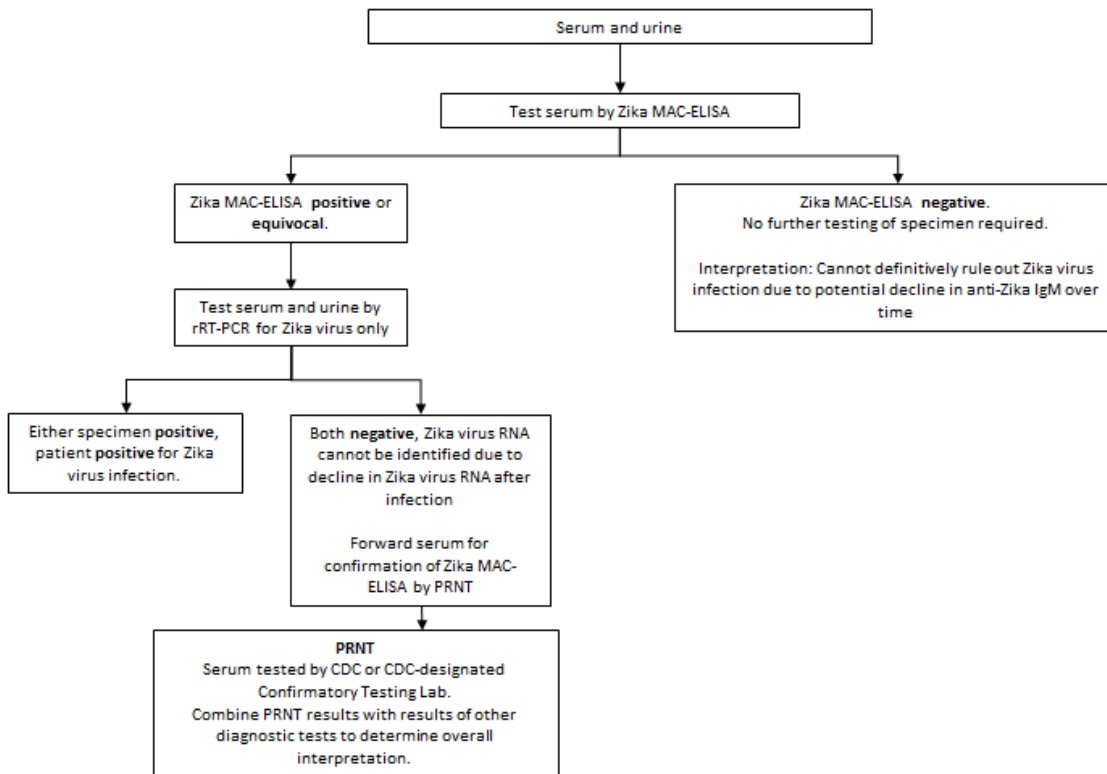
Note that CDC travel and sexual prevention recommendations have not changed.

## Updated Washington State Zika Virus testing algorithms

### Pregnant (regardless of symptoms) with exposure to an area with Zika virus risk if specimens collected $\leq 12$ weeks since onset or last exposure



### Pregnant (regardless of symptoms) with exposure to an area with Zika virus risk if specimens collected $> 12$ weeks since onset or last exposure



**Contact your local health department at the following numbers:**

---

- Clark County Public Health: (360) 397-8182
- Cowlitz County Health Department: (360) 414-5599
- Skamania County Community Health: (509) 427-3850
- Wahkiakum County Health and Human Services: (360) 795-6207

**Resources**

---

- DOH Zika webpage for Healthcare Providers: <http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/ZikaVirus/healthcareproviders/Clinicallabs>
- CDC Zika webpage for Healthcare Providers: <http://www.cdc.gov/zika/hc-providers/index.html>