



# ZIKA PREGNANCY GUIDANCE

**UAMS**  
Center for Distance Health

1. Assess travel history 6 months before pregnancy and during pregnancy for Zika-endemic areas (see CDC website if questionable)
2. Establish dates of travel to endemic country/Symptoms of disease: rash, fever, joint pain, and conjunctivitis
3. If <2 weeks after travel or symptom onset: Zika virus rRT-PCR on serum and urine

## **For rRT-PCR**

- Collect 3 SST (serum separator tubes) of serum and small sterile container of urine and send to ADH lab.
- Label all specimens with patient name and date of birth, collection time and date.
- Complete CDC Form 50.34 and send with specimens.
- Ship cold or on ice - can be refrigerated overnight and carried to local ADH health unit to send to ADH lab by local health unit courier.
- Call local health unit to notify you are sending specimen by courier to ADH lab.

If positive: recent Zika virus infection.

If  $\geq 2$  weeks after travel or symptoms onset: Zika virus IgM and dengue virus IgM on serum.

**See reverse side of this card**



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## **For IgM**

- Collect 3 SST (serum separator tubes) of serum and send to ADH lab.
- Label all specimens with patient name and date of birth, collection time and date.
- Complete CDC Form 50.34 and send with specimens.
- Ship cold or on ice - can be refrigerated overnight and carried to local ADH health unit to send to ADH lab by local health unit courier.
- Call local health unit to notify you are sending specimen by courier to ADH lab.

**Zika virus IgM positive or equivocal and any result on dengue virus IgM:  
Presumptive positive**

**Call ADH for follow-up CDC confirmation**

**Prepare to assess infant at birth**

**Call ADH for guidance**

- Daytime: 501-537-8969
- After Hours: 1-800-554-5738

**Use standard precautions**

**\*REFER TO CDC UPDATED INTERIM PREGNANCY GUIDANCE**