

WHAT YOU SHOULD KNOW ABOUT ZIKA VIRUS TESTING



For Pregnant Women Who Were Recently Exposed to Zika and Do Not Have Symptoms

If you or your sex partner recently traveled to an area with risk of Zika, you may have been exposed to Zika. You may have questions about Zika and how to find out if you've been infected. Keep reading to learn more.

Routine testing for Zika is not recommended for you, but it can be considered if you and your healthcare provider determine it is best for your specific situation.

CDC does not recommend routine Zika testing for pregnant women who were recently exposed to Zika but did not develop symptoms and do not have ongoing exposure (for example, if you do not live in or frequently travel to an area with risk of Zika). However, you and your healthcare provider may discuss your specific situation and decide together that it is best for you to be tested. Some state or local areas may also recommend routine testing.

Why is routine testing not recommended for me?

Testing people when a disease is not spreading widely can lead to more positive tests being inaccurate (called a false positive), meaning the test might look like you have Zika when you don't actually have it.

False positive test results can cause stress and anxiety. It can also lead your healthcare provider to perform more tests and procedures than are necessary. In general, testing is recommended when it can provide necessary information for you or your healthcare provider to make informed decisions about your care during pregnancy. However, since a higher number of Zika positive results will be false, testing should only be considered on a case-by-case basis after discussing the risks and benefits of Zika testing with your healthcare provider. Despite the risks of false positive test results, some patients may still prefer to be tested.

