

# **ZIKA** VIRUS TESTING FOR PREGNANT WOMEN LIVING IN AN AREA WITH RISK OF ZIKA



**CDC understands that a pregnant woman may be worried and have questions about Zika virus infection (Zika) during pregnancy. Learn more about Zika virus testing for pregnant women and what you might expect if you have Zika virus during pregnancy.**



## **How Zika spreads.**

A woman who lives in an area with risk of Zika can get the virus from the bite of an infected mosquito. She can also get Zika through sex with an infected partner. For more information on transmission of Zika, visit [www.cdc.gov/zika/transmission](http://www.cdc.gov/zika/transmission).

## **What CDC knows about Zika virus and pregnancy.**

- Zika can spread from mother to fetus during pregnancy and around the time of birth.
- Zika can cause birth defects and has been linked with other problems in infants.



## **What CDC doesn't yet know about Zika virus and pregnancy and is researching quickly to find out.**

If a woman is infected during pregnancy, we don't know

- How likely it is that the virus will affect her or her pregnancy.
- How likely it is that the virus will be passed to the fetus.
- How likely it is that the fetus, if infected, will have birth defects.
- When in pregnancy the infection might harm the fetus.

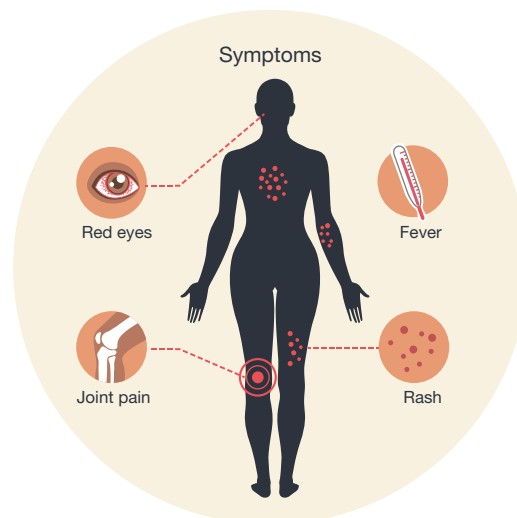
[www.cdc.gov/zika](http://www.cdc.gov/zika)



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

## How can a pregnant woman find out if she has Zika?

- If a pregnant woman gets infected with Zika, the virus will be in her blood and urine for up to two weeks. If she gets sick with a fever, joint pain, rash, or red eyes, doctors or other healthcare providers can test small amounts of her blood and urine for Zika.
- If she never feels sick, doctors can order a different test to look for evidence of Zika infection.



## What do the test results mean?

### What happens if samples from a pregnant woman test positive?

If a pregnant woman has a positive test result for Zika virus infection during pregnancy, it signals to her doctor or other healthcare provider to watch her pregnancy more closely, meaning he or she might do more ultrasounds or other tests to check the growth and development of the fetus and check for any signs of Zika infection. CDC recommends steps doctors or other healthcare provider can take to care for pregnant women.

### What happens if a pregnant woman's test results are inconclusive (not positive or negative)?

Sometimes, if the tests aren't clearly positive or negative, the results are considered inconclusive. If the test results are inconclusive, the doctor may choose to follow the CDC recommendations for a positive test result, meaning he or she might do more ultrasounds or other tests to monitor the pregnancy.

### What happens if a pregnant woman tests negative?

Pregnant women who live in an area with Zika are at ongoing risk of catching Zika throughout their pregnancy. Therefore, CDC recommends testing at the start of prenatal care, and again during the second trimester. At any time, they feel sick with fever, rash, joint pain, or red eyes, pregnant women should see a doctor or other healthcare provider and be tested for Zika virus. CDC also recommends taking steps to prevent mosquito bites and getting Zika from sex, which include not having sex while pregnant or using condoms the right way every time during sex throughout pregnancy.

