

SCREENING PREGNANT WOMEN FOR ZIKA TESTING



To Be Administered by a Nurse or Other Healthcare Provider

Pregnant women should be asked about any possible Zika virus exposure, before and during their pregnancy, at each prenatal visit. Use this tool to evaluate pregnant women for exposure to Zika virus and symptoms of Zika virus disease to determine whether testing is indicated. Visit CDC's map to determine [areas with risk of Zika](#).



Questions to ask your patient to determine if she needs Zika testing:

- ✓ Have you traveled during pregnancy?
 - Where did you travel?
 - How long did you stay?
- ✓ Have you lived in any area where mosquitoes are spreading Zika during your pregnancy?
- ✓ Has your partner lived in or traveled to any area where mosquitoes are spreading Zika during your pregnancy?
 - When and where did your partner travel?
 - Did your partner have any signs or symptoms of Zika (including fever, rash, headache, joint pain, red eyes, or muscle pain) when he or she were on the trip, or after returning?
 - Did you have sex without a condom with your partner after they returned from the trip?
- ✓ Have you had any symptoms of Zika during your pregnancy?
 - Use the chart on page 2 of this document to discuss Zika symptoms. The most common symptoms of Zika are fever, rash, headache, joint pain, red eyes, and muscle pain.

Use the responses to the questions above to determine if Zika testing is indicated.

Testing is recommended for

- Symptomatic pregnant women possibly exposed to Zika (who lived in or traveled to or have unprotected sex with a partner who lived in or traveled to an area with risk of Zika), and
- Asymptomatic pregnant women who have ongoing exposure (who live in or frequently travel to) to areas with risk of Zika.

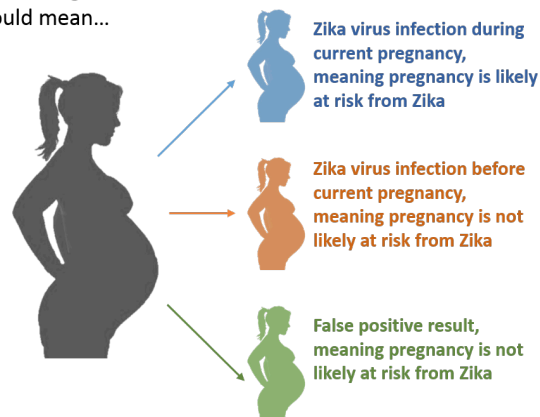
Testing is not routinely recommended for asymptomatic pregnant women with recent possible Zika exposure but without ongoing possible exposure. However, testing may be considered as a shared decision between patients and providers, according to patient preferences and clinical judgement, or if a state or local area recommends it.

Other considerations that might affect interpretation of Zika test results:

- ✓ Did you live in any area where mosquitoes were spreading Zika before you became pregnant?
- ✓ Have you frequently traveled (for example, daily or weekly) to one of these areas before you became pregnant?
- ✓ If you did visit one of these areas before pregnancy, did you protect yourself from mosquito bites?
 - Did you wear long sleeves and pants?
 - Did you use insect repellent through the day and night? Did you follow the instructions on the label?
 - Did you stay somewhere with window and door screens or air conditioning?

If your patient reports exposure to any area with risk of Zika before her current pregnancy, the test that looks for Zika IgM antibodies may be difficult to interpret and may have limited usefulness for clinical decision-making. The patient may choose not to be tested. For more information, visit [CDC's website](#).

A positive Zika IgM test result could mean...



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

Zika Symptoms

The most common symptoms for Zika are fever, rash, headache, joint pain, and muscle pain.

