

# ZIKA Virus Testing for Pregnant Women Living in an Area with ZIKA



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



## What CDC knows about Zika virus and pregnancy

- ◆ Zika virus can spread from mother to fetus during pregnancy and around the time of birth.

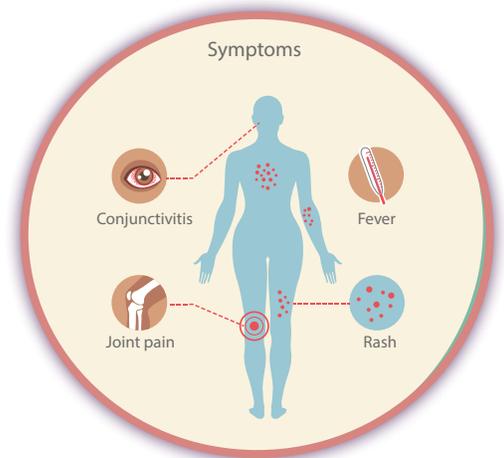
## What CDC doesn't yet know about Zika virus and pregnancy and is researching quickly to find out

- ◆ If a woman is infected during pregnancy, we don't know yet
  - » How the virus will affect her or her pregnancy.
  - » How often the virus is passed to her fetus.
  - » How often infection of the fetus leads to birth defects or other pregnancy problems.
  - » When in pregnancy the infection might lead to poor health effects for the fetus.

## How can I find out if I have Zika?

If you get infected with Zika, the virus will be in your blood for about a week. If you get sick with a fever, joint pain, rash, or red eyes, doctors or other healthcare providers can take a small amount of your blood and test it for Zika virus.

After the virus clears from the blood or if you never feel sick, doctors can order a different test to look for evidence that you were infected with Zika in the last 2-12 weeks.



## What do the test results mean?

### What happens if I test positive?

At this time, we don't know if a fetus will have birth defects or other problems if a woman is infected with Zika while she is pregnant. If you have a positive test result for Zika virus infection during pregnancy, it signals to your doctor or other healthcare provider to watch your pregnancy more closely, meaning he or she might do more ultrasounds or other tests to check the growth and development of your fetus and check for any signs of Zika virus infection. CDC recommends steps your doctor or other healthcare provider can take to help care for you during your pregnancy.



### What happens if my test results are inconclusive (not positive or negative)?

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

### What happens if I test negative?

Because you live in an area with Zika, you could still get Zika virus sometime during your pregnancy. CDC recommends testing when you start prenatal care and again during your second trimester. At any time, if you feel sick with fever, rash, joint pain, or red eyes, you should see a doctor or other healthcare provider and be tested for Zika virus. CDC also recommends protecting yourself and your family from mosquito bites and taking steps to prevent getting Zika from sex, which include not having sex while pregnant or using condoms the right way every time during sex throughout your pregnancy.

