

Information for Ill Travelers: Ebola

What you need to do

You have been given this card because you are sick with symptoms consistent with Ebola infection and you

- have been exposed to a person with Ebola, or
- have been in a country with an Ebola outbreak.

This does not mean that you have Ebola, but further evaluation is needed.

- Ebola is a severe, often fatal disease that spreads through direct contact with an infected person's blood or body fluids (such as urine, saliva, sweat, feces, vomit, and semen).
- Symptoms appear within 21 days of exposure: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- People exposed to Ebola cannot spread it to others unless they have fever or other symptoms of Ebola.

Because of your exposure and symptoms, CDC requires that you be medically evaluated.

- You will be taken to a hospital emergency department.
- At the hospital, a doctor will examine you. Based on the results of the examination, you might be tested for Ebola, if recommended by public health officials.
- Follow all instructions by public health and medical personnel to prevent exposing others.

If your medical evaluation does not indicate Ebola infection:

- You will be allowed to leave the hospital. Public health officials will give you additional instructions at that time. You might be asked to:
 - Check in regularly with your local health department according to their instructions.
 - Tell the health department if you plan to travel more than 50 miles, to another state, or outside the United States.
 - NOT travel on commercial planes, ships, trains, or long-distance buses.
- However, continue to take steps to protect yourself and others until 21 days after leaving the country with Ebola outbreak:
 - Take your temperature every morning and evening, and watch for symptoms consistent with Ebola: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
 - Call the health department immediately if you get a **fever* or other symptoms**.
 - *Fever: temperature of 100.4°F / 38°C or higher or feeling warm like you have a fever.**
 - If you can't reach the health department, call a doctor; tell the doctor where you traveled and that you might have been exposed to Ebola.
 - Do not travel anywhere except to the doctor's office or hospital. Limit your contact with other people when you travel to the doctor. Do not use public transport to get to the medical facility. Only travel by private car or ambulance.
 - Bring this notice and give it to health care staff when you arrive.

For more information

- Travelers' Health updates: www.cdc.gov/travel
- CDC Ebola website: www.cdc.gov/vhf/ebola



A Note to the Doctor

The patient giving you this card has potentially been exposed to a person with Ebola, or has been in a country with an Ebola outbreak, and might have symptoms consistent with Ebola.

CDC recommends the following:

- Place the patient in a private room.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance for health care providers. See link below.
- Evaluate the patient using clinical guidance and case definitions provided by CDC. See link below.
- If this patient has illness and exposure history consistent with Ebola:
 - Notify your local or state public health department of the patient.
 - The health department will provide guidance as to whether testing for Ebola is indicated.
- See www.naccho.org/about/lhd for your local health department contact information.
- If you are unable to reach your local or state health department, call the CDC Emergency Operations Center for assistance: 770-488-7100.

For more information

- CDC Ebola website for healthcare providers: www.cdc.gov/vhf/ebola/hcp/index.html

