Ill Traveler Card (Recommended Evaluation): For travelers who may have symptoms consistent with Ebola and were recently in an area affected by an Ebola outbreak, but have no other known exposures.

Information for Ill Travelers: Ebola
What you need to do

You have been given this card because you were in a country where there is an Ebola outbreak and you are sick with symptoms consistent with Ebola infection. This does not mean you have Ebola, but further evaluation is recommended.

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

(sample text for travelers based on CDC recommendations; adapt as necessary for protocol in country of use)
Because you are sick and have been in a country with an Ebola outbreak, public health officials recommend that you be medically evaluated.

- Based on public health assessment, your risk of Ebola is believed to be low.
- It is more likely you have another disease from West Africa, which still could be serious.
- If you are evaluated and the evaluation does not indicate Ebola, you should still take steps to protect yourself and others until 21 days after leaving the Ebola-affected country.
  - o 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.
  - o Call the local health department or a doctor if you get a fever* or other symptoms, or if your current symptoms get worse. Mention where you traveled.
    *Fever: temperature of 100.4 degrees F / 38 degrees C or higher or feeling like you have a fever.
  - o If you go to a medical facility, bring this notice and give it to health care staff when you arrive.

For more information

- WHO | Ebola virus disease (EVD): http://www.who.int/csr/disease/ebola/en/
- (Provide additional information for travelers here)

A Note to the Doctor

The patient giving you this card was recently in an area affected by an Ebola outbreak and may have symptoms consistent with Ebola.

(sample text for healthcare providers based on CDC recommendations; adapt as necessary for protocol in country of use)
The US Centers for Disease Control and Prevention (CDC) recommends the following:

- Place the patient in a private room.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance for healthcare providers. See link below.
- Evaluate the patient using appropriate case definition. See WHO link below.
- If this patient has illness and exposure history consistent with EVD:
  - o Notify your local public health department of the patient.
  - o The health department will provide guidance as to whether testing for Ebola is indicated.

For more information

- WHO | Case definition recommendations for Ebola or Marburg Virus Diseases: http://www.who.int/csr/resources/publications/ebola/ebola-case-definition-contact-en.pdf?ua=1&ua=1
- CDC Ebola website for healthcare providers: www.cdc.gov/vhf/ebola/hcp/index.html
- (Provide additional information for clinicians here)