

Arriving from a Country with Ebola

What you need to do

You have arrived to the United States from a country with Ebola.

What do you need to do?

STEP 1

Do two health checks every day (one in the morning and one at night) for 21 days.

Each time you must

- take and record your temperature

AND

- check if you have other Ebola symptoms: headache, feeling weak or tired, muscle pain, vomiting, diarrhea (or running stomach), stomach pain, or unexplained bleeding or bruising.

STEP 2

Public health workers from a U.S. state or local health department will contact you to talk about Ebola and answer your questions. They will tell you who to call if you get sick with any Ebola symptoms. They will also tell you what to do each day for 21 days to report your health checks from Step 1.

This may include

- answering the telephone to take their call,
- calling a phone number,
- meeting with them in person, or
- visiting a web site.

STEP 3

If your temperature is 100.4°F / 38°C or above **OR** if you have any other Ebola symptoms:

- Do what your public health care worker told you to do if you get sick.
- If you are not able to speak with someone right away, call:
 - your state or local health department,
 - CDC (1-800-232-4636), or
 - **911 if it is a medical emergency** and tell them you were in a country with Ebola. Bring this sheet and give it to the healthcare staff when you arrive.
- Do NOT go out in public until you talk to a public health worker.

Remember: If you get sick, getting care early is your best chance to get better!

If you do not get sick during the 21 days, your daily health checks will be complete and no longer needed. You will also know that you do not have Ebola.

What is Ebola?

Ebola is a rare and deadly disease. It spreads by **direct contact** (through broken skin or the eyes, nose, or mouth) with:

- blood or body fluids (such as urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with Ebola; or with
- objects (like needles and syringes) that were contaminated with the virus.

Symptoms appear between 2 and 21 days of exposure. Ebola only spreads when infected people have a fever or show other symptoms of Ebola.

For more information about Ebola: www.cdc.gov/vhf/ebola



A Note to the Doctor

The patient giving you this sheet was recently in a country with Ebola and may have symptoms consistent with Ebola. However, please also consider other more common infectious diseases in your differential diagnosis.

CDC recommends the following:

- Place the patient in a private room, isolated from others.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance. See link below.
- Evaluate the patient using clinical guidance and case definitions provided by CDC. See link below.
- Notify your local or state public health department about 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 information for health care workers: www.cdc.gov/vhf/ebola/hcp/index.html

