

## Illness on a Flight What you need to do

- **You are being given this card because a sick person who came from a country with Ebola:**
  - Was on a plane with you OR
  - had contact with you in an airport
- We don't know if the sick person has Ebola.
- Spread of Ebola on a plane or in an airport is NOT likely. However, CDC is being extra careful to ensure your safety.
- 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.
- If the person is found to have Ebola and CDC believes you were possibly exposed, a public health official will contact you.
- When CDC has more information about this incident, we will post this information at [www.cdc.gov/vhf/ebola/flightinfo](http://www.cdc.gov/vhf/ebola/flightinfo).
- Until more information is available, please protect yourself and others by taking these steps:
  - Take your temperature every morning and evening, and watch for symptoms of Ebola.
  - Call a doctor if you get a **fever\* and other symptoms**.  
*\*Fever: temperature of 100.4° F / 38° C or higher or feeling like you have a fever.*
  - Tell the doctor you might have been exposed to Ebola on a plane.
  - 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.
  - Bring this notice and give it to health care staff when you arrive.

### For more information

- Information about this incident: [www.cdc.gov/vhf/ebola/flightinfo](http://www.cdc.gov/vhf/ebola/flightinfo)
- CDC-INFO Hotline: 800-CDC-INFO (800-232-4636) or TTY: (888) 232-6348 or [www.cdc.gov/info](http://www.cdc.gov/info)
- Travelers' Health updates: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- CDC Ebola website: [www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola)

## A Note to the Doctor

The patient giving you this card was on a plane with, or had contact in an airport with, an ill traveler who arrived from a country where an Ebola outbreak is occurring.

### CDC recommends the following:

- Place the patient in a private room.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance. See link below.
- Contact the CDC Emergency Operations Center at 770-488-7100 and ask to speak to the quarantine medical officer on call.
  - The medical officer will provide information about the ill traveler to inform risk assessment.
- If Ebola exposure is still a concern:
  - 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](http://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. The CDC medical officer can also help you reach the health department.

### For more information

CDC Ebola for health care providers: [www.cdc.gov/vhf/ebola/hcp/index.html](http://www.cdc.gov/vhf/ebola/hcp/index.html)

