

Arriving from a Country with Ebola

What you need to do

You were given this card because you arrived to the United States from a country with Ebola.

- Ebola is a severe, often fatal disease that spreads through direct contact with a sick person's blood or other body fluids (like feces, saliva, urine, sweat, vomit, and semen). It can also spread by direct contact with objects contaminated with a sick person's blood or body fluids, or with infected animals.
- Symptoms appear between 2 and 21 days of exposure. These symptoms include: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, severe weakness, fatigue, or unexplained bleeding or bruising. People with Ebola are not contagious unless they have fever and other symptoms of Ebola.
- If you were exposed to Ebola during your trip, call your doctor even if you do not have symptoms.
- Please watch your health for the next 21 days:
 - Take your temperature every morning and evening, and watch for symptoms of Ebola listed above.
 - Call a doctor if you get a **fever*** or feel like you have a fever, **and have any of the symptoms** listed above.
**A fever is a temperature of 101.5° F / 38.6° C or higher*
 - Tell the doctor you recently arrived from a country with Ebola.
 - 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 was recently in a country experiencing an outbreak of Ebola and may have signs and symptoms consistent with Ebola. However, other more common infectious diseases should also be considered in the 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 healthcare workers: www.cdc.gov/vhf/ebola/hcp/index.html

