Ebola Virus Information

Although Ebola is not an immediate campus threat it is on the minds of campus administrators whose number one priority is the safety and well-being of all Hodges students, staff and visitors. With the heightened tensions regarding the Ebola virus, the University wishes to provide some valuable information received from the Center for Disease Control and Prevention.

Background:

- Ebola outbreaks are occurring in five West African locations: Guinea, Sierra Leone, Liberia and Lagos, Nigeria, and Democratic Republic of Congo. Check the Centers for Disease Control and Prevention (CDC) website (www.cdc.gov/ebola) for the most up-to-date information since affected areas may change.

- The chances of getting Ebola are extremely low unless a person traveled to an affected area and had direct contact with the blood or body fluids (e.g., saliva, urine) of an Ebola-infected person or animal, or with objects contaminated with that person or animal’s blood or body fluids.

- People returning from the affected areas who do not have symptoms are not infectious. There should be no restrictions on their school attendance or normal activities.

- Fever in people who traveled to the affected areas is most likely due to more common infectious diseases in West Africa (e.g. malaria), but should still be checked by a doctor.

Symptoms: Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

Risk of Exposure:

Healthcare providers caring for Ebola patients and the family and friends in close contact with Ebola patients are at the highest risk of getting sick because they may come in contact with the blood or body fluids of sick patients. People also can become sick with Ebola after coming in contact with infected wildlife. For example, in Africa, Ebola may spread as a result of handling bush meat (wild animals hunted for food) and contact with infected bats. The virus also can be spread through contact with objects (like clothes, bedding, needles, syringes/sharps or medical equipment) that have been contaminated with the virus or with infected animals.
Precautionary Measures for Students and Staff:

The CDC recommends that all healthy people who arrive in the United States from an Ebola-affected area should check for fever daily for 21 days, starting the day after leaving the affected area. They may continue their usual activities during this time. If they remain healthy during the 21 days, they are not at risk for Ebola. If a student or staff member gets a fever within 21 days of returning from West Africa, he or she should consult a health-care provider right away. The staff member or student who has a fever should tell the provider about the symptoms and recent travel before going to the office or emergency room to decrease the chance of getting others sick.

- Wash hands frequently or use an alcohol-based hand sanitizer.
- Avoid contact with blood and body fluids of any person, particularly someone who is sick.
- Do not handle items that may have come in contact with an infected person’s blood or body fluids.
- Do not touch the body of someone who has died from Ebola.
- Do not touch bats and nonhuman primates or their blood and fluids and do not touch or eat raw meat prepared from these animals.
- Avoid hospitals in West Africa where Ebola patients are being treated. The U.S. Embassy or consulate is often able to provide advice on medical facilities.
- Seek medical care immediately if you develop fever (temperature of 100.4°F/ 38.0°C or higher) and any of the other following symptoms: headache, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bruising or bleeding.
- Limit your contact with other people until and when you go to the doctor. Do not travel anywhere else besides a healthcare facility.

For more information concerning the Ebola virus, the following URL’s can be accessed:

http://www.floridahealth.gov/chdeollier/
www.cdc.gov/travel
http://www.floridahealth.gov
www.cdc/vhf/ebola
If you have been to Sierra Leone, Guinea, Liberia, Nigeria, or Democratic Republic of Congo in the past month, there is a possibility that you may have been exposed to Ebola.

What is Ebola? Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

How does Ebola spread? You can only get Ebola from contact with bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

Are you from that area or have you traveled there in the past month?

Yes, and I had contact with someone who was diagnosed with Ebola.

Stay calm. Get informed: “Contact” means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola.

If this defines you, immediately contact:

Enter Contact Agency logos here

Yes

Stay calm. Get informed: A non-sick, returning person who has not had contact does not need to take any special precautions.

Monitor yourself for any of the following symptoms:

Fever
Weakness
Headache
Vomiting
Diarrhea

Stomach Pain
Lack of Appetite
Abnormal
Bleeding
Joint & Muscle

If you experience any of the symptoms, immediately contact:

No

Stay calm. Get informed.

You can’t get Ebola through air. You can’t get Ebola through water. You can’t get Ebola through food.

You can only get Ebola from contact with bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

No, but I know someone that has been to an affected area.

Stay calm. Get informed. Share this information.

You can’t get Ebola through air. You can’t get Ebola through water. You can’t get Ebola through food.

Ebola is not spread like a cold or flu.

For more information: www.cdc.gov/vhf/ebola/index.html

Facts about Ebola

You can’t get Ebola through air.
You can’t get Ebola through water.
You can’t get Ebola through food.

Florida HEALTH
We Can Keep Communities Safe if Ebola Happens in Florida

Could YOU have Ebola?

- Contact your health care provider immediately if you have recently traveled to/from Western Africa, and have fever, vomiting or diarrhea.
- You may be hospitalized until testing or treatment has been completed.
- People testing positive for Ebola will be treated in a hospital and kept safe in isolation.
- If you test positive, you will be asked about the people you have had contact with.

Are you FAMILY or FRIEND of a person with Ebola?

- If a family member or friend has recently traveled to/from Western Africa, and has fever, vomiting or diarrhea, do not have contact with their bodily fluids.
- Bodily fluids include: vomit, stool, urine, sweat and semen.

IF YOU THINK YOU HAVE HAD CONTACT WITH A PERSON WHO HAS EBOLA:

- Contact your local county health department immediately.
- You may be asked to stay home and be monitored by health care workers for a 21-day period.

Do you live in a COMMUNITY where a person is being treated for Ebola?

- Stay calm.
- Ebola does not spread like the cold or flu.
- People who have been exposed to the Ebola virus are at home and being monitored by health care providers.
- Reduce your exposure to all viruses: wash your hands often with soap and water.

Do you work in a HEALTH CARE FACILITY treating a person with Ebola?

- Patients suspected of having Ebola will be kept in a safe area away from other patients.
- Follow warning signs posted outside of patient rooms.
- Practice infection control guidelines.

FOLLOW ALL INSTRUCTIONS FOR DONNING & DOFFING PERSONAL PROTECTION EQUIPMENT:

- Wear water-impermeable protection from head to toe, to include: a gown, leg-high covers or boots, hat, face mask, face shield and double gloves.

Local county contact information can be found at FloridaHealth.gov.