



## Key Messages for Health Care Providers Regarding Ebola Virus Disease (EVD)

West Africa is having an Ebola virus disease (EVD) outbreak. Consistent symptoms are fever  $> 38.6^{\circ}$  C ( $101.5^{\circ}$  F), severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage; about 60% of cases are fatal. Transmission is by direct contact with body fluids (blood, urine, feces, sweat, semen, or breast milk). Patients are infectious when symptomatic and through later disease, as well as postmortem. Most cases are in healthcare workers and others directly contacting infected patients. As of 11/17/2014, all but 2 EVD cases treated in the United States were exposed in Africa; 2 nurses were exposed at a Dallas hospital. Note that EVD symptoms resemble other tropical illnesses (malaria, dengue, typhoid). Providers should:

***Increase Vigilance:*** Ask about travel to West Africa in the 21 days (maximum incubation period) before onset for any patient presenting with fever or other symptoms consistent with Ebola.

***Isolate Patients:*** During medical evaluation of symptomatic suspect EVD cases, use standard, droplet, and contact precautions (at least gloves, fluid resistant or impermeable gown, face mask, eye protection [goggles or face shield]; use a private room with closed door and disposable or dedicated medical equipment; use precautions for blood draws, lab testing and environmental cleaning with additional protection for aerosol generation: [Ebola infection prevention](#).

***Report Suspected Cases and Exposed Persons:*** Immediately report to your [local health department](#) a person travelling from or having contact with an ill person from affected countries (currently Guinea, Liberia, Sierra Leone, and Mali) within 21 days and indicate if the person has:

1. Fever and consistent symptoms of Ebola – consult local health department for testing
2. No symptoms (may need temperature monitoring for 21 days from last exposure)

Consult with your [local health department](#) to arrange EVD testing. Use full precautions as above when obtaining specimens (2 purple top **plastic** tubes). If specimens are sent for testing, include two identifiers (e.g., date of birth) on both the specimen label and the completed [PHL Virology Submission form](#). Based on symptoms and risk of exposure, consult about testing:

Persons with fever or other consistent symptoms AND high risk exposure in the past 21 days:

- Percutaneous, mucous membrane, or direct skin contact to EVD patient or body fluids
- Any unprotected blood or body fluid contact including laboratory processing
- Unprotected direct contact with a dead body in an affected country

Person with fever (with or without other consistent symptoms) AND some/low risk of exposure in the past 21 days:

- Household contact or brief contact (e.g., shaking hands)
- Present in area of confirmed or probable EVD patients for a prolonged period of time without recommended personal protective equipment

Person with fever AND other consistent symptoms AND no other known diagnosis AND

- Travel or residence in affected country in the past 21 days without known exposure

### Antiviral Medication and Vaccination for Ebola

- Medical care is supportive.