Possible Exposure: Ebola
What you need to do

You have been given this card because you might have been exposed to patients with Ebola.

- People exposed to Ebola are not contagious unless they have fever and other symptoms of Ebola.
- Symptoms appear within 21 days of exposure: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

(sample text for travelers based on CDC recommendations; adapt as necessary for protocol in country of use)
Currently you do not have symptoms consistent with Ebola. However, you should take precautions to protect yourself and others until 21 days after your last exposure to Ebola.

- Take your temperature every morning and evening, and watch for symptoms consistent with Ebola: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Check in regularly with public health officials according to their instructions.
- Tell public health officials if you plan to travel more than 50 miles or to another country.
- Do not travel on commercial planes, ships, or trains.
- Call public health officials immediately if you get a fever* or other symptoms, or if your current symptoms get worse.
  *Fever: temperature of 101.5 degrees F / 38.6 degrees C or higher or feeling like you have a fever.
  - If you can't reach a public health official, call a doctor; tell the doctor where you traveled and that you might have been exposed to Ebola.
  - Do not use public transport to get to the medical facility. Only travel by private car or ambulance.
  - Bring this notice and give it to health care staff when you arrive.

For more information

- WHO | Ebola virus disease (EVD): http://www.who.int/csr/disease/ebola/en/
- (Provide additional information for travelers here)

A Note to the Doctor

The patient giving you this card has potentially been exposed to patients with Ebola.

(sample text for healthcare providers based on CDC recommendations; adapt as necessary for protocol in country of use)
The US Centers for Disease Control and Prevention (CDC) recommends the following:

- Place the patient in a private room.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance for health care providers. See link below.
- Evaluate the patient using appropriate case definition. See WHO link below.
- If this patient has illness and exposure history consistent with Ebola:
  - Notify local public health officials of the patient.
  - Public health officials will provide guidance as to whether testing for Ebola is indicated.

For more information

- WHO | Case definition recommendations for Ebola or Marburg Virus Diseases: http://www.who.int/csr/resources/publications/ebola/ebola-case-definition-contact-en.pdf?ua=1&ua=1
- CDC Ebola website for healthcare providers: www.cdc.gov/vhf/ebola/hcp/index.html
- (Provide additional information for clinicians here)