What to expect when you've been quarantined

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May 4, 2015

What to expect when you've been quarantined

- Quarantine will help us stop the spread of Ebola. We know it can be difficult, but it is necessary to keep you, your family, and your community safe.
- When someone in your house has been confirmed to have Ebola, anyone who had direct contact with them will have to stay at home "in quarantine" for 21 days. This is how long it can take to develop Ebola symptoms.

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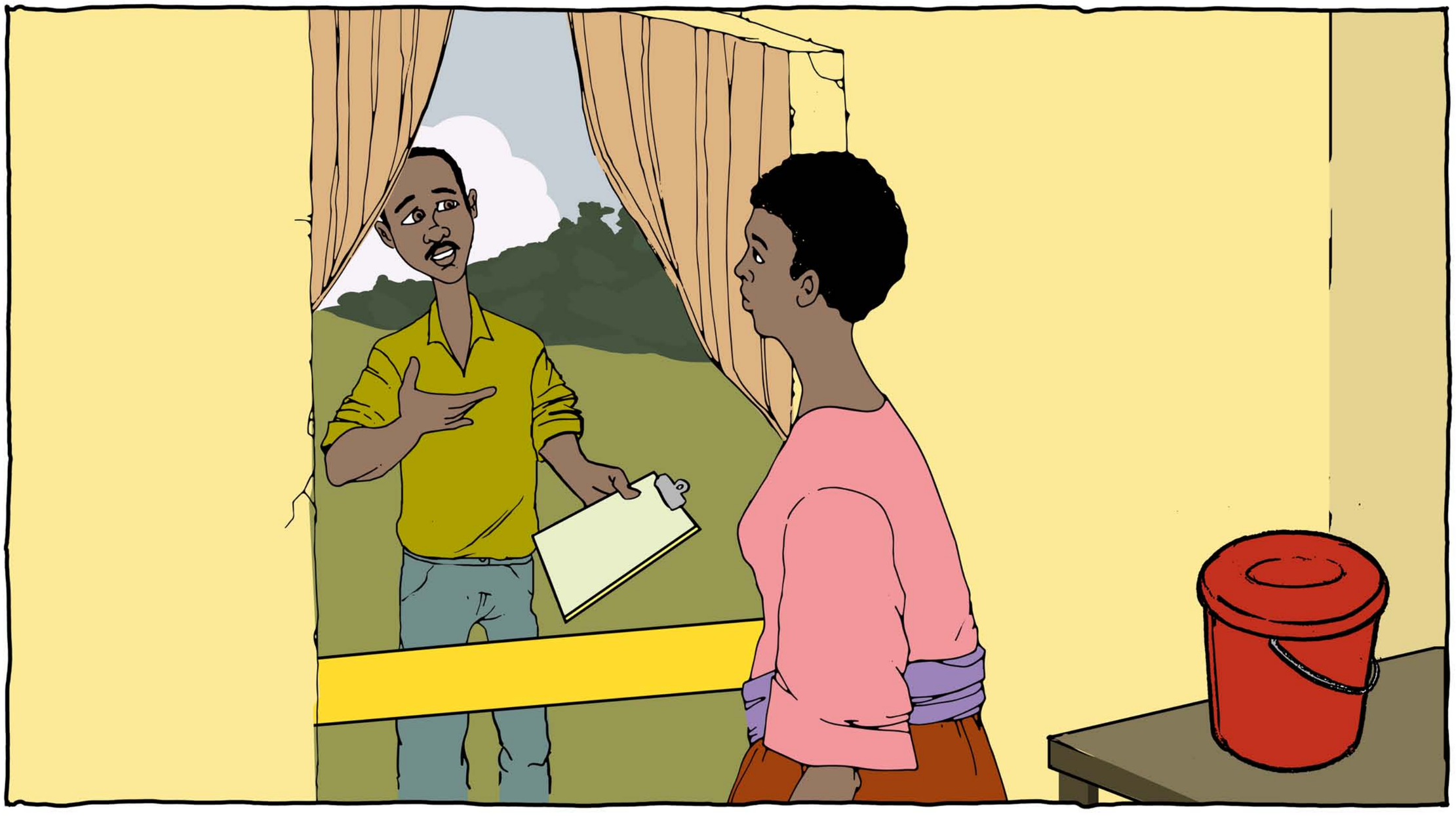
A contact tracer will visit you daily



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A contact tracer will visit you daily

- A contact tracer will visit your home every day for 21 days to check if anyone has become sick. Let them know if anyone in your home has Ebola symptoms including:
  - fever
  - severe headache
  - muscle pain
  - diarrhea
  - vomiting
  - stomach pain
  - unexplained bleeding
- Remember, early treatment is the best chance for survival. It can stop the spread of Ebola.

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Food and water will be provided for your family 3

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- Other people will visit you during the 21-day period to help support you and your family with deliveries of food, water, and other supplies.
- To keep everyone safe, remember not to touch each other.
- Do not take items out of the quarantined area until the quarantine is declared over.
- Do not share the food that is provided for you with people outside the quarantine.

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Security will be provided for your family

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- Security personnel (military or police) will help make sure your family stays safe and that no one leaves or enters the quarantined area.
- Security personnel can call 117 for you if someone develops Ebola symptoms.
- They can contact the District Ebola Response Center (DERC) if there are problems with the delivery of food and supplies.

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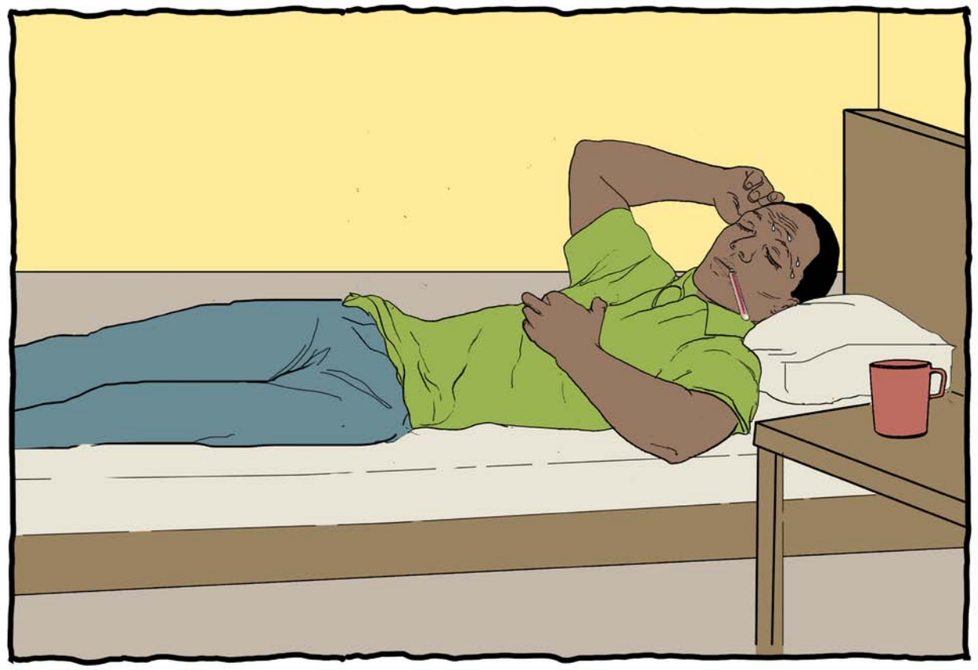

If someone gets sick in your home during the 21 days, a new 21 day period must start again.

If someone in your home gets sick during the 21 days

If someone gets sick in your home during the 21 days, a new 21 day period must start again.

- If someone gets sick in your home during the 21-day period, call 117 immediately to get them quickly to medical treatment.
- Do this to help stop Ebola from spreading to other people in your home.
- If the sick person is confirmed to have Ebola, a new 21-day period must start again.

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After 21 days, if no one has symptoms, your quarantine is over

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After 21 days, if no one has symptoms, your quarantine is over 6

- After 21 days, if no one has symptoms of Ebola, you will be released from quarantine.
- Celebrate your family's accomplishment.
- You made it!

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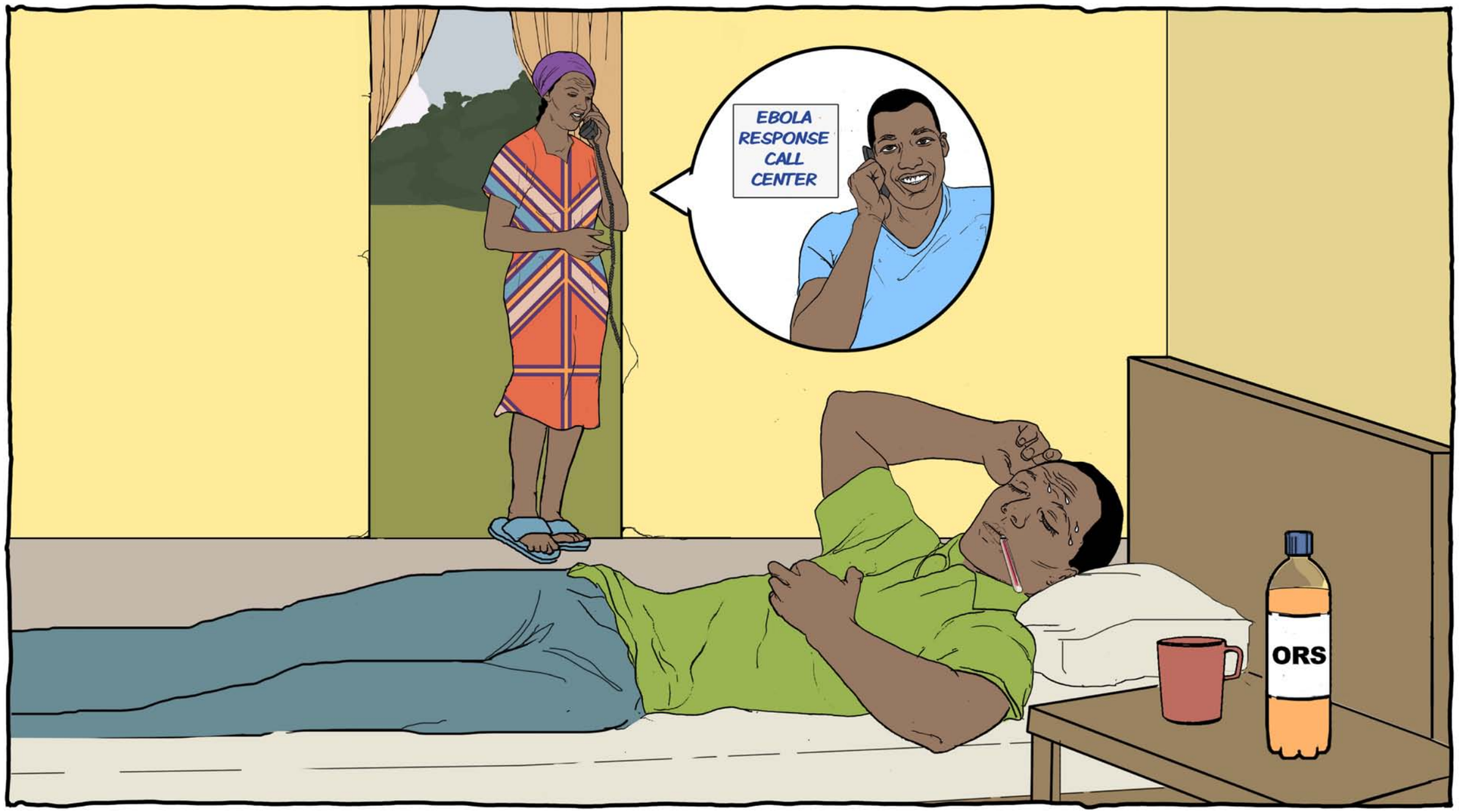
EBOLA RESPONSE CALL CENTER
ORS

After 21 days, continue to stay safe and call 117 if anyone else gets sick

Continue to protect yourself, your family, and your community from Ebola.

- Wash your hands frequently with soap and water or a chlorine solution.
- Keep a safe distance (an arm's length) between you and others. Do not touch a sick person or their body fluids.
- Call 117 or your district number at the first sign of Ebola symptoms: a fever, severe headache, muscle pain, diarrhea, vomiting, stomach pain or unexplained bleeding. Early treatment saves lives.
- Treat any death as if it could be Ebola and call 117 or your district number when someone dies.
- Do not touch the body of someone who has died from Ebola.
- Do not touch anything a person who has died from Ebola has touched.

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Quarantine helps keep us all safe and it can save lives

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Quarantine helps keep us all safe and it can save lives

- We all have a responsibility to protect ourselves, our families, and our communities from Ebola.
- You can encourage others to make the decision to keep everyone safe by always calling 117 at the first sign of symptoms and for every death in the community.

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Local numbers:

Other support services:

Local numbers:

Other support services:

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U.S. Centers for Disease Control and Prevention

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