



EBOLA MONITORING & MOVEMENT



N.C. Information for Persons under Monitoring

You have potentially been exposed to an Ebola patient or have been in a country designated by CDC as posing a risk of Ebola exposure. This possible exposure does NOT mean that you have Ebola or that you will get sick with Ebola. However, a local health department nurse will need to have daily contact with you to monitor your symptoms for 21 days following your last possible exposure. You need to monitor your symptoms for 21 days after your last possible exposure because that is the longest time between when someone is exposed and when they could develop symptoms. The information below will tell you about Ebola and the monitoring process.

What is Ebola?

Ebola is a rare and severe viral illness that can cause fever, vomiting, diarrhea, abdominal pain, muscle pain, headache, rash, and bleeding. Ebola is spread through direct contact with the blood or body fluids of a person with Ebola (e.g., vomit, sweat, urine, or diarrhea). Persons who do not have symptoms cannot spread the disease. A person who is infected may not show symptoms for up to 21 days, but the usual time for symptoms to start is 8-10 days after a person is infected.

Are there any places you *can't* go during the monitoring period?

Depending on the type of exposure you had, you may have some restrictions on where you can go during your monitoring period. The local health department nurse who is working with you will provide this information to you verbally and in writing. You will also be asked to keep a record of visitors to your home and any public places you visit (if allowed) during your monitoring period.

Why do you need to monitor your temperature and symptoms?

You need to monitor for symptoms because you might have been exposed to Ebola. By monitoring for symptoms carefully twice a day, you can quickly know if you have developed symptoms and can get medical attention as early as possible. Monitoring also allows public health officials to know when they need to take precautions so you don't infect others in your home, in the community, or in healthcare facilities.

You have been given a form to record your temperature twice a day and to indicate whether you have any symptoms that could be associated with Ebola. The most common signs and symptoms of Ebola are fever, headache, fatigue, muscle aches, abdominal pain, diarrhea, vomiting, or unexplained bruising or bleeding. One or more of these symptoms may occur at any time during your monitoring period. These symptoms can be present with other diseases as well as Ebola. If you develop any symptoms, it doesn't necessarily mean that you have Ebola, but you might need to have further tests to determine the cause of your symptoms.

How do you monitor your temperature and symptoms?

Instructions for taking your temperature and monitoring for symptoms are listed on page 2 of these instructions. You will use your log to record your temperature and to indicate whether you have any symptoms that could be associated with Ebola.

During your first visit with the local health department nurse, you should complete the information requested on the forms, such as your name, date of last possible exposure, the dates corresponding to your "DAY" of monitoring, etc. The nurse will make sure you have completed all the fields on the form you are using and will show you where to begin recording your symptoms and temperature.

You will need to report your temperature and if you have any symptoms to your local health department *at least once a day*. Your local health department nurse will tell you how often you will have in-person visits (if applicable) or telephone check-ins.



If at any point during the monitoring period you have an elevated temperature or any symptoms of Ebola, immediately call the health department number listed on page two of these instructions.

Instructions for temperature monitoring

- Twice a day, take your temperature ORALLY (under your tongue) with a digital thermometer. Try to take your temperature 12 hours apart each day (for example, 7AM and 7PM).
- If you forget to take your temperature, take it as soon as you remember.
- Record the time you monitored your symptoms on the *Ebola Symptom Monitoring Log* or CDC Care Kit log.
- Record your temperature on the form in the appropriate space (morning and evening).
- If a public health official is visiting s/he will ask to observe you taking your temperature and ask to see the reading.
- If you are taking medicines that could lower a fever, such as aspirin, Tylenol® (acetaminophen), or Motrin® (ibuprofen), take your temperature *before* your next dose.

Instructions for monitoring your symptoms

- Common symptoms of Ebola are listed on the symptom log or are shown in the CARE Kit Symptom Card.
- If you are using the *Ebola Symptom Monitoring Log*, enter “Y” for yes, if you have the symptom and “N” for no, if you do not. Do not leave any spaces blank – if you don’t have the symptom, enter “N.”
- If you are using the CARE Kit Log, enter any symptoms in the space provided. If you have no symptoms, enter “NONE” in the space. Do not leave any spaces blank.

What should you do if you become ill during this monitoring period?

If you develop signs or symptoms of Ebola during the 21-day monitoring period, you must be evaluated by a medical provider. Your best chance of recovery is to get care immediately. **Let the health department nurse know as soon as you do not feel well or suspect that something is wrong!**

If you have an urgent health situation, your first call should be to 911 and the second call should be to the public health department. Let the 911 operator know that you are being monitored by the health department for potential exposure to Ebola and need follow up medical care and testing.

If you have a non-urgent health situation, call your health department immediately. Your health department will make arrangements to safely transport you to a local hospital if needed. **DO NOT take public transportation** (e.g., subway, taxi, train, bus, etc.).

If you develop symptoms, immediately contact your local or state health department!

WHO DO I CALL?

1st Choice: Health Department: _____
Contact Name: _____
Telephone: _____

2nd Choice: Health Department: _____
Contact Name: _____
Telephone: _____

3rd Choice: NC DPH (State Health Department)
On-call Epidemiologist
(919) 733-3419