



Ebola



Recommendations for Healthcare Personnel

The Centers for Disease Control (CDC) encourage ALL healthcare personnel to:

- Ask patients with Ebola-like symptoms about their travel history to determine if they have traveled to West Africa within the last three weeks or been in contact with someone infected with Ebola.
- Early recognition is critical for infection control. Healthcare personnel should be alert for and evaluate any patients suspected of having Ebola Virus Disease (EVD). **Any patient who is suspected of having EVD needs to be isolated until the diagnosis is confirmed or Ebola is ruled out.**

CDC link to Algorithm for Evaluation of the Returned Traveler:

<http://www.cdc.gov/vhf/ebola/pdf/ebola-algorithm.pdf>

- **Know the signs and symptoms of EVD**
 - Fever ($\geq 100.4^{\circ}\text{F}$ or 38°C)
 - Severe headache
 - Muscle pain
 - Vomiting
 - Diarrhea
 - Abdominal (stomach) pain
 - Unexplained hemorrhage (bleeding or bruising)

Considerations for care:

- Hospitals that follow CDC's infection control recommendations and can isolate a patient in a single room are capable of safely managing a patient with EVD.
 - EVD patients need intensive supportive care.
 - Patients should be placed in a single uncarpeted patient room with a private bathroom and the door to the hallway closed. Use waterproof coverings on the mattress and pillow and remove all upholstered furniture and curtains before use.

- Implement standard, contact, and droplet precautions.
- Healthcare personnel and people entering the patient's room with suspected or confirmed EVD should wear face protection (a face shield, medical mask and/or goggles), a clean, non-sterile long-sleeved gown (fluid resistant or waterproof), and gloves (sterile gloves for some procedures). Additional personal protective equipment might be required in the presence of large amounts of patient's blood, other body fluids, vomit, or feces, including but not limited to disposable shoe covers and leg coverings.
- Prevent contact with the patient's blood and body fluids (including but not limited to feces, saliva, sweat, urine, vomit and semen) and do not handle items that may be contaminated (medical equipment, needles, clothing, and bedding).
- Use dedicated medical equipment, preferably disposable, to provide patient care. All non-dedicated, non-disposable equipment should be cleaned and disinfected according to manufacturer's instructions and hospital policies.
- Limit testing, procedures, and the use of needles to the minimum necessary for essential diagnostic evaluation and medical care.
- Handle all needles and sharps with extreme care and dispose of in puncture-proof, sealed containers.
- Avoid aerosol-generating procedures. If performing aerosol-generating procedures, use a combination of prevention measures to reduce exposures from patients with EVD.
- The duration of precautions should be determined on a case-by-case basis, in conjunction with local, state, and federal health authorities. Factors that should be considered include, but are not limited to:
 - Presence of EVD symptoms



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- Date symptoms resolved
- Other infections requiring precautions
- Laboratory test information
- **Ebola treatment:**
 - No FDA-approved vaccine or medicine (e.g., antiviral drug) is available for EVD. Experimental vaccines and treatments for EBV are under development, but they have not yet been fully tested for safety or effectiveness.
 - Symptoms of EVD are treated as they appear. Basic interventions, when used early, can significantly improve the chance of survival. Providing intravenous fluids (IV) and balancing electrolytes (body salts), maintaining oxygen status and blood pressure, and treating other infections, if they occur.
 - Recovery from EVD depends on good supportive clinical care and the patient’s immune response. People who recover from EVD develop antibodies that last for at least 10 years or more.
- **Transporting Ebola contaminated items:**
 - The Ebola virus is a Category A infectious substance regulated by the U.S. Department of Transportation’s (DOT) Hazardous materials Regulations (HMR, 49 C.F.R., Parts 171-180).

For more details, see Department of Transportation Guidance for Transporting Ebola Contaminated Items, a Category A Infectious Substance.

<http://www.phmsa.dot.gov>

- **Environmental infection control:**
 - Diligent environmental cleaning and disinfection and safe handling of potentially contaminated materials is important, as blood, sweat, vomit, feces and other body secretions are potentially infectious.

For Environmental Infection Control Guidance:

<http://www.cdc.gov/vhf/ebola/hcp/environmental-infection-control-in-hospitals.html>

For Additional Ebola Information:

www.michigan.gov/ebola
www.cdc.gov/ebola

For Specimen Collection:

<http://www.cdc.gov/vhf/ebola/pdf/ebola-lab-guidance.pdf>

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CDC Public Information

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