

EBOLA VIRUS DISEASE RISK MANAGEMENT

Crisis Planning & Support



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EBOLA VIRUS DISEASE (EVD) AT A GLANCE

What is Ebola Virus Disease?

- Ebola Virus Disease (EVD) is a severe infectious disease caused by one of six Ebola virus strains
- The current outbreak is caused by the Zaire strain and has a 64% mortality rate
- The 2014 outbreak in West Africa is among the largest in history

What are the symptoms?

- Initially presents as flu-like symptoms such as fever, headache and muscle pain
- Fever is usually followed by vomiting, diarrhea, rash, and internal or external bleeding
- EVD has an incubation period from 2-21 days; exposed patients may feel fine for up to 3 weeks

How does it spread?

- Blood and bodily fluids of an infected individual
- Objects contaminated with the virus (*needles, medical waste*)
- Infected animals, particularly fruit bats
- **EVD is NOT spread via casual contact**

Who is most at risk?

- Healthcare workers in the affected areas of West Africa
- Family members and those handling remains of infected individuals
- People who come into contact with infected animals

Ebola virus disease

Ebola, which first appeared in outbreaks in Sudan and DR Congo in 1976, is a severe and often fatal disease with no known specific treatment or vaccine. It has since killed more than 1,500 people in parts of Africa.

SOURCE

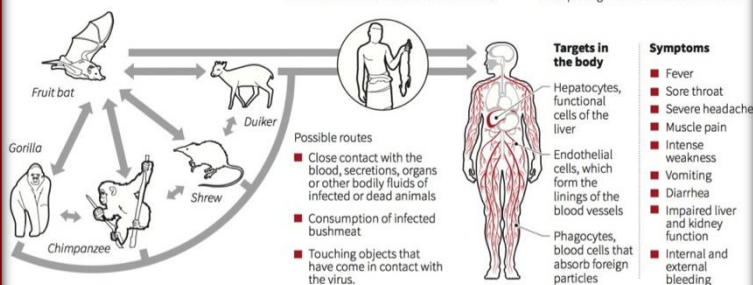
In Africa, particular species of fruit bats are considered possible natural hosts for Ebola virus.

TRANSMISSION

Infected bats are thought to transmit the disease to humans, or indirectly through other animals which are hunted for their meat.

DAMAGE

Incubation period is from two to 21 days. Death from the disease is often caused by multiple organ failure and tissue death.



How do I avoid EVD?

- Avoid persons or items contaminated with the virus
- Maintain effective social distancing
- Wash your hands frequently

Is there a cure?

- There is currently no vaccination or cure
- Care is limited to supportive therapy, rehydration and comfort
- Patients receiving an experimental drug have recovered, but it is too early to reach any conclusions about efficacy

What is my risk of contracting EVD while traveling (other than to West Africa)?

- Because EVD is NOT transmitted via casual contact, people who do not have direct contact with the blood or body fluids of an infected individual who is experiencing symptoms are at **VERY LOW RISK** of contracting EVD.
- To date, all cases of EVD have originated in Africa OR in healthcare workers directly involved in the care of those patients.
- **There is no indication that EVD will result in sustained, person-to-person transmission in the United States.**

Is it safe to travel right now? If I need to travel, how do I protect myself?

- There is **no reason to limit your domestic or international travel** other than to affected regions of West Africa.
- While traveling, follow **standard "flu season" precautions**:
 - Wash your hands regularly; avoid touching your eyes; use an alcohol-based hand sanitizer; avoid casual contact.
- Call your doctor if you experience **flu-like symptoms with fever greater than 100.5 F.**



IF YOU ARE PLANNING A CONFERENCE OR LARGE GATHERING

➤ Collaborate with Local Officials

- Establish early contact with local municipal or county health department. Request point(s) of contact for routine pre-event information sharing **and** crisis support for issues during event.
- For multi-jurisdictional events, identify lead local health department (or escalate to state health department).
- Advise health department of risk profile of event and attendees (e.g., *international and healthcare worker attendees raise risk profile*). Request written guidance if necessary.
- Establish a multidisciplinary crisis team; work with venue and local agencies to understand and integrate into their planning and approach.

➤ Establish Onsite Health Screening and Clinics

- Evaluate event risk profile and discuss with health department or qualified medical advisors.
- Establish on-site medical clinic; ensure it has screening protocols for potential Ebola cases.
- Ensure clinic has appropriate personal protective equipment; require them to establish relationships with local hospital and health department.
- Integrate identified crisis team leader with onsite medical or clinic personnel to ensure timely communication and coordinated operations.
- Expect heightened utilization of onsite healthcare resources given heightened health concerns; have adequate staffing for increased volume.
- High-risk events should identify readily available 24/7 coordinator for medical concerns.

➤ Pre-Event Training and Risk Communications

- Communicate regarding onsite and local healthcare resources; tell staff and participants where to go should they feel ill.
- Widely communicate best practices to avoid transmission of possible infectious conditions.



BEST PRACTICES TO AVOID TRANSMISSION

- + Avoid contact with people or items that may be infected with Ebola
- + Wash your hands regularly
- + Use alcohol-based hand sanitizer
- + Avoid touching your eyes or mucus membranes



KEY SIGNS & SYMPTOMS TO LOOK FOR

- + Fever
- + Headache
- + Nausea / vomiting / diarrhea
- + Profuse sweating



WHAT TO DO FOR SUSPECTED CASES

- + Call 911
- + Activate local/onsite health response
- + Clearly communicate any Ebola concerns to all responders
- + Isolate patient and utilize standard blood-borne pathogen procedures

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