Ebola Advisory for NDNU Students, Faculty and Staff

By now most people are aware that there has been an Ebola virus outbreak in the West African countries of Guinea, Sierra Leone, Liberia, and Mali. The areas may change as the virus spreads or changes. Recent news of the virus being contracted in the U.S. has caused concern, though the likelihood of becoming infected with Ebola is still very small unless the person has traveled to an outbreak area AND has had direct contact with blood or body secretions from an Ebola infected person or animal, OR with objects that were wet with the blood or body fluids of someone ill with Ebola virus, according to the CDC.

The following information is an advisory for the entire NDNU community. The holidays are approaching and winter break is a typical time for travel. Please take note of the recommendations below. These are meant as a reminder that we are all responsible for ensuring that our community remains a healthy and safe environment.

STUDENTS, FACULTY OR STAFF ARRIVING IN THE UNITED STATES FROM AN AFFECTED AREA (as mentioned above):

- Students, faculty or staff who have arrived in the United States from an affected area within the past three weeks and who are not sick should be instructed to check their temperature daily for fever for 21 days starting the day after leaving the Ebola affected area. They can conduct normal activities and do not need to be isolated.

- Students, faculty or staff who remain healthy after 21 days are not at risk for Ebola and can stop monitoring their temperature.

- Recommendations from the CDC include monitoring your temperature twice a day for fever greater than or equal to 100.4°F (38.0°C) for 21 days after leaving the affected area. If a person has a fever or develops a fever during the 21-day observation period, he or she should consult a health-care provider immediately. The person
should tell the provider about the symptoms and recent travel *before* going to the office or emergency room to decrease the potential risk of spreading the virus.

- Students, faculty or staff who become ill more than three weeks after arriving from an Ebola affected country or city *do not* need to be evaluated for Ebola.

**Additional symptoms:**

- Severe headache
- Muscle pain
- Weakness
- Vomiting
- Diarrhea
- Abdominal (Stomach) Pain
- Unexplained hemorrhage (bleeding or bruising)

**Other facts about transmission:**

Ebola is spread through direct contact (through broken skin or mucous membranes) with –
- blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with Ebola.
- infected animals
- objects, for example needles and syringes, that have been contaminated with the virus
- Though this strain of Ebola is not considered airborne, it is highly recommended that persons possibly infected cover their mouths when coughing or sneezing as aerosol particles may contain a small amount of the virus

**UPDATE: The State of California has issued a quarantine policy for Ebola exposure**

Still, the number one way to prevent the contraction of or the spreading of communicable diseases is to wash your hands frequently, for at least 20 seconds, and to stop touching your face, particularly around the areas of the eyes and mouth.
Additional Resources:

- CDC Announces Active Post-Arrival Monitoring for Travelers from Impacted Countries (Centers of Disease Control and Prevention)
- www.cdc.gov/vhf/ebola (Centers of Disease Control and Prevention)
- Advice for Colleges, Universities, and Students about Ebola in West Africa
- Facts About Ebola (PDF)

If you have further question or concerns, please contact County of San Mateo Health System at (650) 572-2919 or contact your primary care physician.