Ebola Virus Disease FAQ for the Purdue Community

What is Ebola?

- Ebola virus disease (EVD), previously known as Ebola hemorrhagic fever is a rare and deadly disease caused by infection with one of the Ebola virus strains. See CDC website for more detailed information: http://www.cdc.gov/vhf/ebola/about.html

What are the symptoms?

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding) or bruising
- See CDC website for more detailed information: http://www.cdc.gov/vhf/ebola/symptoms/index.html

How should I protect myself?

- Wash your hands thoroughly (20 seconds minimum) with soap and water
- Use an alcohol-based hand sanitizer if soap and water are not available
- Dry your hands thoroughly using a paper towel or air dryer
- Use the paper towel to turn off the faucet and turn the door handle
- Avoid touching your eyes, nose or mouth
- Avoid unprotected contact with blood and body fluids (sweat, vomit, urine, feces, spit, semen, other fluids)
- Clean shared surfaces often
- Avoid contact with people who are ill
- See CDC website for more detailed information: http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html

Is a preventative vaccination available?

- No FDA-approved vaccine or treatment (e.g., antiviral drug) is available for Ebola. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness
- See CDC website for more detailed information: http://www.cdc.gov/vhf/ebola/treatment/index.html

What is the incubation period for Ebola?

- Symptoms may appear from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days

What does quarantine mean?

- Remain away from other people to stop the spread of the virus. This means stay at home until the incubation period is over and it is determined that you are free of the disease
Should I go to class or work if I have symptoms?

- No, contact PUSH or your health care provider by phone when you experience symptoms.
- Know ahead of time what your class or absence policy is. It is very important that you contact your professors, instructors, or employers as soon as possible during or immediately following your illness. It is essential that notification be made before final grades are determined.
- It’s possible that assignments or notes can be sent to you that will allow you to keep up with your coursework. Classmates may be willing to take notes on your behalf. If you are too ill to be productive academically while you are resting away from school, an incomplete or medical drop may be considered.
- If your child has symptoms, they should not go to daycare or school.

What do I do if I'm returning to campus from an area where an Ebola outbreak is occurring?

- Monitor your health for 21 days by taking your temperature in the morning and at night.
- Call healthcare providers about your recent travel and your symptoms before you go to the health center, emergency room, or doctor’s office. Advanced notice will help care for you and protect the other people who may be in these facilities.
- Seek medical care immediately at a local Emergency Room if you develop a fever or you have severe headaches or body aches.

*If you are a student who has been in a West African nation within the past 21 days and you have a fever with headache or muscle aches, please contact PUSH at 765-494-1724 and ask to speak to an Extended Care Area nurse.*

*If you are a faculty or staff member who has been in a West African nation within the past 21 days and you have a fever with headache or muscle aches, please contact Dr. Carolyn Cooper at the Center for Healthy Living at 765-494-0111, or your primary medical provider.*

*If you have been exposed to EVD, you may be asked to follow a voluntary quarantine for up to 21 days.*

Is it safe to travel?

- CDC urges all US residents to avoid nonessential travel to Liberia, Guinea, and Sierra Leone because of unprecedented outbreaks of Ebola in those countries.

Are there any restrictions for University travel?

- The university follows US Department of State travel restrictions at [http://travel.state.gov/content/passports/english/alertswarnings.html](http://travel.state.gov/content/passports/english/alertswarnings.html)
- Additional travel risk assistance is available through Risk Management – 765-494-7695
- See US State Department travel website for more information: [http://travel.state.gov/content/passports/english/alertswarnings.html](http://travel.state.gov/content/passports/english/alertswarnings.html)

Perspective for everyone -

- At this time, there is a much higher chance that you will contract seasonal influenza than EVD. Seasonal flu is preventable. Please take advantage of the opportunity to obtain a flu shot.