

**To: All Program Directors**  
**Re: CDC recommendation regarding community members who have recently traveled to West Africa**

We need your help reaching out to the students in your programs with this request from the Centers for Disease Control and Prevention (CDC).

The CDC is recommending that universities identify and contact all community members who have recently traveled from or through the four countries in West Africa currently affected by Ebola virus. The countries are Guinea, Liberia, Sierra Leone, and Nigeria.

**What we need you to do:** Please get this message to all of your students and/or postdocs.

***Important message for students and postdocs:***

If you have recently traveled through/from Guinea, Liberia, Sierra Leone, or Nigeria...please read the following and contact the Joseph B. Trainer Health & Wellness Center (JBT) at 503.494.8665.

The CDC is recommending that universities such as OHSU identify individuals who have recently traveled from the affected countries in West Africa and provide a brief risk assessment as well as education. If you are an OHSU student or post doctoral scholar and have traveled from/through Guinea, Liberia, Sierra Leone, or Nigeria within the past 21 days we ask that you contact JBT at 503-494-8665 for a brief risk assessment. We will then ask you to monitor your health for a period of 21 days after your departure from Africa, including twice daily temperature measurements. **You do not have to come in to JBT in person.** We do ask that you contact us so that we can review with you:

1. Self-monitoring parameters
2. Importance of reporting symptoms and staying separated from others if symptoms develop
3. Procedures for reporting symptoms if they were to develop

If you have no symptoms during the 21 days after your return from one of the affected areas, you can continue your normal activities, including work, school and clinical rotations. If you do develop symptoms of Ebola, it is important to stay separated from other people and to call your doctor right away.

The self-monitoring procedures include:

1. Taking your temperature every morning and evening
2. Watch for Ebola symptoms: severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising

3. If your temperature is above 101.5°F (38.6°C) or you have any other Ebola signs or symptoms, seek medical care immediately
4. Call and tell your provider about your recent travel and your symptoms before presenting to the clinic or the hospital Emergency Department. Advance notice will help your provider care for you and protect others.
5. Limit your contact with other people when you travel to the doctor; avoid public transportation.
6. Do not travel anywhere except to the doctor's office or hospital.
7. Limit your contact with other people if you are sick. Do not go to work, classes, clinical rotations or other activities until you have been medically evaluated.

### **Additional information**

What is Ebola Hemorrhagic Fever?

Ebola hemorrhagic fever is a severe, often fatal, viral illness. There is currently an Ebola outbreak in Guinea, Liberia, Sierra Leone, and Nigeria. Ebola poses little risk to the US general population and is not contagious until symptoms appear. Ebola is spread through direct contact with body fluids (blood, urine, feces, saliva, semen, and other secretions) of an infected person, or with objects like needles that are contaminated with body secretions. When infection occurs, symptoms usually begin abruptly, typically 8-10 days after exposure. Initial signs and symptoms of infection are nonspecific and may include fever, chills, myalgias, and malaise, loss of appetite and weakness. Patients may also develop a diffuse erythematous maculopapular rash by day 5 to 7 (usually involving the face, neck, trunk, and arms) that can desquamate or peel. An infection may progress from the initial non-specific symptoms to gastrointestinal symptoms such as severe watery diarrhea, nausea, vomiting and abdominal pain. Patients often have conjunctival injection. Bleeding is not universally present but can manifest later in the course as petechiae, ecchymosis/bruising, or oozing from venipuncture sites and mucosal hemorrhage.

The CDC is also recommending that individuals avoid non-essential travel to Guinea, Liberia, and Sierra Leone at this time. In addition the CDC has posted recommendations for enhanced precautions to help travelers to Nigeria protect themselves and help prevent the spread of Ebola. In the event that the situation worsens in Nigeria, the CDC may also recommend against non-essential travel to Nigeria.

If you have any questions or concerns, please contact the JBT Health and Wellness Center at 503-494-8665.