

**Ministry of Health
and Long-Term Care**

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MEMORANDUM**To:** Administrators of colleges, universities, private career colleges, and institutions designated under the International Student Program**Re:** Advice for students and staff arriving from countries/areas affected by Ebola virus disease

I am writing to share public health advice regarding students or staff arriving from countries/areas affected by Ebola virus disease.

The Ebola virus is spread only through direct contact with the body fluids of someone who is sick with Ebola virus disease; people who do not have symptoms cannot infect others. Ebola is not spread through the air nor through food or water. The typical symptoms of Ebola virus disease include fever, headache, sore muscles, severe tiredness, sore throat, diarrhea, vomiting and stomach pain. Later on red eyes, bruising, or a rash may develop. Symptoms occur 2 to 21 days after exposure, most commonly 8 to 10 days after exposure

The countries/areas currently affected by Ebola virus disease are Sierra Leone, Guinea, Liberia, the cities of Lagos and Port Harcourt in Nigeria, and Equateur Province, Democratic Republic of the Congo. For the most up to date information on the countries affected by the Ebola virus disease, visit the [Public Health Ontario Website](#). There are currently no cases of Ebola virus disease in Canada and the risk to Canadians is very low.

Students/staff who have arrived from Sierra Leone, Guinea, Liberia, the cities of Lagos and Port Harcourt in Nigeria, and Equateur Province, Democratic Republic of the Congo should self-monitor. Self-monitoring involves checking their temperature twice daily for a fever (a temperature of 38°C or greater) and watching for other symptoms associated with Ebola virus disease. Individuals should self-monitor for 21 days after leaving an affected country/area. Information regarding self-monitoring, and a form to record temperature, is available at [Advice for Returning Travellers from Countries/Areas Affected by Ebola Virus Disease and Temperature Recording Form](#). You may want to consider making this document available to students and staff at your college, university, private career college, or institution designated under the International Student Program.

Those who have had higher risk exposures in an affected country/area should also be monitored by the local public health unit for 21 days after leaving these areas. Those with higher risk exposures are identified in Section 2 on the [Advice for Returning Travellers from Countries/Areas Affected by Ebola Virus Disease and Temperature Recording Form](#) document.

Any recent traveller who is unwell should be encouraged to seek medical care. Students and staff who are feeling unwell after returning from countries/areas affected by Ebola virus disease should call ahead to the health care provider and tell them about their travel history and symptoms. Students from countries/areas affected by Ebola virus disease should be given information for the appropriate staff to contact to assist them should they become ill.

For additional information, please contact your local public health unit. You can also find information about Ebola virus disease on the following websites:

- [Ministry of Health and Long-Term Care](#)
- [Public Health Ontario](#)
- [Public Health Agency of Canada](#)
- [Public Health Agency of Canada's Ebola Infographic](#)
- [World Health Organization](#)

Thank you very much,

Original signed by

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