

Ebola virus disease (EVD): Advice for returning travellers from countries/areas affected by EVD

August 29, 2014

Visit the PHO website at www.publichealthontario.ca/ebola for an updated list of countries/areas affected by Ebola. If you have traveled to Guinea, Sierra Leone, Liberia, Nigeria (Lagos and Port Harcourt), or Democratic Republic of Congo (Equateur Province) in the past 21 days, you should:

1. MONITOR YOUR TEMPERATURE FOR 21 DAYS FROM YOUR RETURN

- a) Check your temperature twice daily with a thermometer in your mouth and record the results. You can use the **Temperature Recording Form** provided below to record your temperature. Do not share your thermometer.
- b) If possible, do not take medications that may reduce fever. Consult a health care provider or pharmacist if you are not sure whether a medication will reduce a fever.
- c) If you develop a fever of 38°C (101°F) or greater, or any symptoms that may suggest Ebola virus disease:
 - Avoid physical contact with others
 - Call a health care provider or go to a hospital
 - If going to the hospital, call ahead to the emergency department and advise them of your travel history and symptoms
 - Do not take public transportation. Take a private vehicle, or if very ill, call an ambulance and advise them of your travel history and symptoms
 - If you are already being monitored by public health, call them to tell them of your symptoms

Symptoms that may suggest Ebola virus disease:

- Fever equal to or greater than 38°C (101°F)
- Feeling feverish
- Diarrhea
- Severe headache
- Vomiting
- Muscle pain
- Sore throat
- Stomach pain

2. IF YOU DID ANY OF THE FOLLOWING WHILE IN THE AFFECTED COUNTRY/AREA, CALL YOUR LOCAL PUBLIC HEALTH UNIT:

- Came into contact with or were near a person who had or likely had Ebola virus disease
- Touched the body fluid of person who had or likely had Ebola virus disease
- Touched a dead body
- Visited, worked or was a patient in a hospital or other health care facility
- Worked with Ebola virus in a laboratory
- Touched or ate bush meat or a bat

For additional information, contact your local public health unit.

To find your public health unit, call Service Ontario at 1-866-532-3161 or visit the Ministry of Health and Long-Term Care's public health unit locator at

www.phdapps.health.gov.on.ca/PHULocator

TEMPERATURE RECORDING FORM

This form is intended for travellers returning from countries / areas affected by Ebola virus disease to record their temperature readings and other symptoms for 21 days after their return date.

If possible, do not take medications that may reduce fever. Do not share your thermometer.

Should you develop a fever of 38°C (101°F) or greater, or develop any of the symptoms listed below:

- Call your health care provider or go to the hospital. If going to the hospital, call ahead to the emergency department and advise them of your symptoms and travel history
- Avoid physical contact with others
- Do not take public transportation. Take a private vehicle, or if very ill, call an ambulance and advise them of your travel history and symptoms
- If you are already being monitored by public health, call them to tell them of your symptoms

| Date | Temperature reading | | | | Other symptoms severe headache, muscle pain, sore throat, diarrhea, vomiting, stomach pain |
|------|---------------------|-------------------|------|-------------------|---|
| | Time | AM Temperature | Time | PM Temperature | |
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