SECTION 1: Overview

What is Ebola disease?

Ebola disease is caused by the Ebola virus and is one of a number of hemorrhagic fever diseases. Ebola disease causes severe illness in which 50-90 percent of those infected die.

What are the symptoms of Ebola disease?

- Fever
- Headache
- Joint and muscle aches
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite
- Abnormal bleeding

Some patients have a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing or swallowing, or bleeding inside and outside of the body.

Symptoms most commonly start 8-10 days after coming into contact with the Ebola virus but can occur as early as 2 days to up to 21 days after exposure.

How is Ebola spread?

Ebola virus is spread by direct contact with:

- Blood or other body fluids (such as: vomit, diarrhea, urine, breast milk, sweat, semen) of an infected person who currently has symptoms of Ebola or who has recently died from Ebola.
- Objects or surfaces contaminated by body fluids of a person infected with Ebola virus, for example clothing or bedding of an ill person.

A person infected with the Ebola virus cannot pass it to others before any symptoms appear.

Ebola virus is thought to be transmitted to people from wild animals and then spreads in humans from one person to another. The exact source of the virus in animals is unknown, but Ebola has been found in bats and primates. The virus is thought to be transmitted to humans through infected animal’s body fluids, such as eating an infected animal.
**Who is at risk for Ebola disease?**

The risk of catching Ebola in the general public is extremely low.

Health care providers or family members caring for Ebola patients are at highest risk because they may come into contact with blood or body fluids.

**How do you treat Ebola disease?**

- There is no medication that cures Ebola and no vaccine to prevent it.
- Treatment for Ebola disease is supportive, meaning providing fluids, maintaining blood pressure, replace lost blood.
- Seeking health care as soon as symptoms appear increases the chances of surviving. It also prevents other people from getting infected because they will not come into contact with blood and body fluids of infected people.

**How do you prevent Ebola disease?**

- Avoid contact with blood and body fluids of those who are ill.
- Wash your hands often.
- Don’t handle items that have come in contact with an infected person’s blood or body fluids.
- Use protective clothing such as gloves, masks, gowns when caring for sick persons.
- Avoid contact with sick or dead wild animals.
- Do not eat wild animals or bush meat
- Avoid areas with outbreaks.
Section 2: Response to the Ebola disease

Response Plan:
A core objective of preparedness plans is to maintain the ability to serve our affected employees and customers. Some key preparedness planning principles include:

- think primitive
- plan simple solutions
- plan for what you can control
- communications systems are essential
Assessing Travelers Returning to the Workplace (or School/Childcare) From Areas Affected by Ebola

1. Travel History
Did you travel to an Ebola-affected area?
CDC website: www.cdc.gov/vhf/ebola

2. Exposure History
In the past 21 days did you:

High-risk exposure:
• Provide care for, or have direct contact with the blood or body fluids of, an Ebola patient or an ill person?
• Process blood or body fluids of confirmed or probable Ebola patients?
• Participate in preparing a dead body for a funeral?

Low-risk exposure:
• Stay in the home of an Ebola patient or an ill person?
• Have brief direct contact (e.g., shaking hands) with an Ebola patient or an ill person?
• Spend prolonged time in a hospital, clinic, or other treatment center?

If at any time during this 21-day period you develop a fever (≥101.5°F or 38.6°C) or any Ebola symptoms:*  
• Contact your healthcare provider.  
  • Tell them about your travel and exposure history.  
  • Isolate yourself from others.  
  • Do not report to work/school/childcare.  
  • Contact the Minnesota Department of Health at 651-201-5414 or 1-877-676-5414.

*Ebola symptoms:
• Fever (≥101.5°F or 38.6°C)  
• Headache  
• Stomach pain  
• Vomiting  
• Diarrhea  
• Muscle pain  
• Weakness  
• Bleeding