SDSU Student Health Services Ebola Virus Disease (EBV) Information

The current Ebola Virus Disease outbreak is the largest Ebola outbreak in history. While two patients were recently treated in Atlanta for EBV that that was contracted in Africa, there have been no other cases in the United States. Public Health Authorities feel that the risk to the U.S. public is low. Student Health Services is monitoring the situation and will update our staff as the situation may change. We are also in contact with the SDSU international programs.

- Ebola is not spread through the air, by water, or by eating food. It is spread through other means as described below.
- A person infected with Ebola virus is not contagious until symptoms appear.

Planning To Go To Africa?

The Centers for Disease Control & Prevention (CDC) have issued Warning- Level 3 Travel Notices recommending that people avoid non-essential travel to Guinea, Liberia, and Sierra Leone at this time and advise that education-related travel to these countries be postponed until further notice. CDC has posted an Alert – Level 2 Travel Notices for Nigeria and Democratic Republic of the Congo with recommendations for enhanced precautions to help travelers protect themselves and help prevent the spread of Ebola. These recommendations may change as the situation evolves. In the event that the situation worsens in Nigeria, CDC may recommend against non-essential travel to Nigeria. At this time, there is no risk of contracting Ebola in other countries in the West Africa region where Ebola cases have not been reported. However the situation could change rapidly.

Coming from Africa?

- CDC is not recommending colleges and universities isolate or quarantine students, faculty, or staff based on travel history alone.

- If you have been in countries where Ebola outbreaks are occurring within the past 21 days, you should call SDSU Student Health Services (619-594-4325) so we can perform a risk assessment to determine you level of risk exposure (high- or low-risk exposures, or no known exposure).

    A high risk exposure includes any of the following:

    - A skin puncture (e.g., needle stick) or eye, nose, mouth, genital or rectal exposure to blood or body fluids (for example, feces, saliva, urine, vomit, or semen) of an Ebola patient
    - Direct skin contact with, or exposure to blood or body fluids of, an Ebola patient without appropriate personal protective equipment (PPE)
    - Processing blood or body fluids of a confirmed Ebola patient without appropriate PPE or standard biosafety precautions
    - Direct contact with a dead body without appropriate PPE in a country where an Ebola outbreak is occurring.

    A low risk exposure includes any of the following:

    - Household contact with an Ebola patient
Other close contact with Ebola patients in health care facilities or community settings. Close contact is defined as

- being within approximately 3 feet (1 meter) of an Ebola patient or within the patient’s room or care area for a prolonged period of time (e.g., health care personnel, household members) while not wearing recommended personal protective equipment (PPE)
- having direct brief contact (e.g., shaking hands) with an Ebola patient while not wearing recommended personal protective equipment.
- Brief interactions, such as walking by a person or moving through a hospital, do not constitute close contact

If you have had a high- or low-risk exposure, SDSU Student Health Services will contact local public health authorities and we will consult with them for guidance about whether actions, such as medical evaluation and testing for Ebola, monitoring, or travel restrictions are needed.

- At the least, if you have had any exposure, you should monitor your health for 21 days.
  - Take your temperature every morning and evening.
  - Watch for other Ebola symptoms: severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
  - If your temperature is above 101.5°F (38.6°C) or you have any other Ebola signs or symptoms, seek medical care immediately at a hospital emergency department.
    - Call and tell the hospital about your recent travel and your symptoms before you go to the hospital. Advance notice will help the medical staff care for you and protect other people who may be in the hospital.
    - Limit your contact with other people when you travel to the hospital; avoid public transportation.
    - Do not travel anywhere except to the hospital.
    - Limit your contact with other people if you are sick. Do not go to work, classes, or other student activities until you have been medically evaluated.

- During the time that you are monitoring your health, if you have no symptoms, you can continue your normal activities, including work and school. If you get symptoms of Ebola, it is important to stay separated from other people and to call your doctor right away.

For further information about EBV, see the CDC Ebola Hemorrhagic Fever and Traveler’s Health resources and the World Health Organization EBV News.