

21-Day Fever and Symptoms Monitoring: A Guide for Ebola Virus Disease

The Los Angeles County Department of Public Health (Public Health) works to keep you and others healthy and safe. This guide explains why we need to check your health and how we will work with you during these 21 days.

1. What is Ebola?

Ebola is a rare disease that has caused outbreaks in West Africa. Right now, there is large Ebola outbreak in countries, like Guinea, Sierra Leone, Liberia, and Mali.

2. How does Ebola spread?

Ebola can't spread through the air, in food, or water. Ebola spreads from person-to-person by direct contact with a patient's body fluids, like saliva, blood, vomit, urine, feces, and sweat. The virus gets into the body through broken skin or mucous membranes (spongy skin like the kind you find in your nose or mouth).

It takes 8–10 days for most people to get symptoms, but it can range from 2–21 days. Patients can spread the virus while they have a fever or other symptoms. **People who don't have symptoms can't spread Ebola.**

Why are you receiving this form? Monitoring Criteria:

- ✓ You have either traveled to a country with widespread Ebola Virus Disease (Ebola) transmission.
- ✓ You have been exposed to someone who has or may have Ebola.

3. Why does Public Health need to track my temperature and symptoms?

We will check your health for **21 days** to be sure you were not infected with Ebola. It takes up to 21 days for a person to get symptoms after having contact with an Ebola patient. Infected persons can spread the virus while they have a fever or other symptoms. That's why it is very important to know if you have any symptoms right away. The sooner we know about your symptoms, the faster you can be evaluated and treated. This also helps keep others healthy.

4. How will Public Health track my health?

A Public Health representative will work with you through face-to-face visits and/or telephone calls. Every day, for 21 days, we will see how you are doing and keep track of your temperature. We will ask about specific symptoms. We will give you a digital thermometer with instructions about how to use it. Each person will get their own thermometer. **DO NOT SHARE** your thermometer with anyone else. You will get instructions about how to record your temperature twice a day and any other symptoms.

5. What symptoms is Public Health looking for?

The Ebola symptoms we will ask you about are:

- Fever (99.5° F or higher)
- Headache (severe)
- Muscle pain
- Abdominal pain
- Vomiting
- Diarrhea
- Weakness/Fatigue
- Unexplained bleeding/bruising

These symptoms can be a sign of Ebola or other diseases. Getting any of these symptoms doesn't necessarily mean you have Ebola. You need to get medical attention right away to find out what's causing your symptoms. Call the Public Health representative listed on the second page if you get a fever (99.5° F or higher) or other symptoms.

6. How should I track my temperature and symptoms? (every day for the next 21 days):

Use your digital thermometer to take your oral temperature (under your tongue) 2 times a day.

- One time in the morning and again in the evening, at least 8 hours apart.
- At about the same times every day (example, 8AM and 4PM). If you forget, take your temperature as soon as you remember.
- If you're taking aspirin, Tylenol® (acetaminophen), or MOTRIN® (ibuprofen), take your temperature before your next dose.
- DO NOT SHARE your thermometer with anyone else.
- If your temperature is **99.5° F or higher**, call the Public Health representative RIGHT AWAY.

Use the *Ebola Symptom Card and 21-Day Tracking Log* each day.

- Write each temperature and any other symptoms in the log.
- Write your temperature on the form in the correct space: [morning (AM) and evening (PM)].
- If you have any symptom listed on the form, call the Public Health representative RIGHT AWAY.

Your Public Health Representative

Name: _____ **Telephone number:** _____

If you get any symptoms after 5 PM or on weekends,
please call us at 213-250-8522.