

How is Ebola spread?

Ebola is spread through direct contact (through broken skin or mucous membranes) with any of the following:

- 1 Blood or body fluids (including but not limited to urine, saliva, feces, vomit, and semen) of a person who is sick with Ebola, or of an infected animal.
- 2 Objects (like needles and syringes) that have been contaminated with the virus.
- 3 Ebola is not spread through the air or by water, or in general, by food. This requires the same universal precautions as several other diseases and viruses we currently face in providing EMS.

Primary rule for determining a possible Ebola infected person is from the below CDC questionnaire:

- 1 Person has recent travel history (within the last 21 days) to any of multiple countries within West Africa have been affected by this outbreak, including Guinea, Liberia, Nigeria, Senegal, Sierra Leone, or any area from which Ebola has been present.
- 2 Fever (greater than 38.6°C or 101.5°F)
- 3 Severe headache
- 4 Muscle pain
- 5 Weakness
- 6 Diarrhea
- 7 Vomiting
- 8 Abdominal (stomach) pain
- 9 Unexplained hemorrhage (bleeding or bruising)
10. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.

What steps are we taking to minimize risk of Ebola transmission?

- 1 Fire/EMS crews are using multiple tiers of appropriate PPE (Personal Protective Equipment) based on the signs,

symptoms, and history of the patient and level of risk to the crew and the public.

- 2 Crews will be in direct contact with hospitals and will implement isolation of patient, crew, and equipment until properly decontaminated and sanitized.
- 3 If there is a high index of suspicion for Ebola, the medic unit will be rendered out-of-service and quarantined awaiting response of the Health Department and CDC.
- 4 If crews are exposed during the course of treatment, exposure will be evaluated by numerous sources to determine level of exposure. If determined necessary, exposed crew will be quarantined for 21 days.

Don't Panic. If you have not had any direct contact with a patient that is actively showing signs and symptoms of Ebola and also meets the travel criteria above, it is highly unlikely you have been exposed to Ebola.

Stay informed should any changes or developments arise regarding Ebola.