



## GRAYSON COUNTY HEALTH DEPARTMENT

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### EBOLA GUIDANCE FOR LOCAL PHYSICIANS

**October 3, 2014**

The Centers for Disease Control and Prevention (CDC) has confirmed, through laboratory tests, the first case of [Ebola](#) to be diagnosed in the United States in a person who had traveled to **Dallas, Texas** from Liberia. The patient did not have symptoms when leaving West Africa, but developed symptoms approximately four days after arriving in the U.S. on Sept. 20. The person fell ill on Sept. 24 and sought medical care at Texas Health Presbyterian Hospital of Dallas on Sept. 26. After developing symptoms consistent with Ebola, he was admitted to hospital on Sept. 28.

**The virus is spread through direct contact (through broken skin or unprotected mucous membrane) with the blood or body fluids of a person who is sick with ebola, with objects like needles that have been contaminated with the virus, or with infected animals. Ebola is not spread through the air, water or, in general, by food.** Early recognition is critical for infection control. Health care providers should be alert for and evaluate any patients suspected of having Ebola Virus Disease.

### Case Definition for Ebola Virus Disease

#### *Person Under Investigation (PUI)*

A person who has both consistent symptoms and risk factors as follows:

1. Clinical criteria, which includes fever of greater than 38.6 degrees Celsius or 101.5 degrees Fahrenheit, and additional symptoms such as severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage; AND
2. epidemiologic risk factors within the past 21 days before the onset of symptoms, such as contact with blood or other body fluids or human remains of a patient known to have or suspected to have EBOLA VIRUS DISEASE; residence in—or travel to—an area where EBOLA VIRUS DISEASE transmission is active **including Guinea, Liberia, Nigeria, Sierra Leone and Senegal**; or direct handling of bats or non-human primates from disease-endemic areas.

### *Probable Case*

A PUI whose epidemiologic risk factors include high or low risk exposure(s) (see below)

### *Confirmed Case*

A case with laboratory-confirmed diagnostic evidence of Ebola virus infection

### *Exposure Risk Levels*

Levels of exposure risk are defined as follows:

#### **High risk exposures**

- A high risk exposure includes any of the following:
- Percutaneous (e.g., needle stick) or mucous membrane exposure to blood or body fluids of EBOLA VIRUS DISEASE patient
- Direct skin contact with, or exposure to blood or body fluids of, an EBOLA VIRUS DISEASE patient without appropriate personal protective equipment (PPE)
- Processing blood or body fluids of a confirmed EBOLA VIRUS DISEASE patient without appropriate PPE or standard biosafety precautions
- Direct contact with a dead body without appropriate PPE in a country where an EBOLA VIRUS DISEASE outbreak is occurring\*

#### **Low risk exposures**

A low risk exposure includes any of the following

- Household contact with an EBOLA VIRUS DISEASE patient
- Other close contact with EBOLA VIRUS DISEASE patients in health care facilities or community settings. Close contact is defined as
  - being within approximately 3 feet (1 meter) of an EBOLA VIRUS DISEASE 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 (i.e., standard, droplet, and contact precautions; see [Infection Prevention and Control Recommendations](#))
  - having direct brief contact (e.g., shaking hands) with an EBOLA VIRUS DISEASE 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

<http://www.cdc.gov/vhf/ebola/hcp/case-definition.html>

For more information on Ebola and the current Ebola Outbreak please visit the following websites:

Centers for Disease Control and Prevention at <http://www.cdc.gov/vhf/ebola/index.html>

World Health Organization at <http://www.who.int/csr/disease/ebola/en/>

Texas Department of State Health Services at <http://www.dshs.state.tx.us/preparedness/ebola-outbreak.aspx>

If you need additional information about Ebola, please contact the Grayson County Health Department at (903) 893-0131 and speak with Josh Stevenson at extension 236 or send an e-mail to [stevensonj@co.grayson.tx.us](mailto:stevensonj@co.grayson.tx.us)