

# What to Do When Arriving from a Country that Had an Ebola Outbreak

Although your risk of Ebola is very low, you should still watch your health for the next 21 days:



- ♦ Pay attention to how you are feeling and whether you start to have a fever or any of the other Ebola symptoms listed below.
- ♦ If you have a fever or any of the symptoms listed below, call the state or local health department (see phone numbers on the back of this page).
- ♦ Tell the health department that you recently arrived from a country that previously had an Ebola outbreak.
- ♦ Bring the cut-out card (below) and show it right away if you seek medical care.

Symptoms of Ebola may appear from 2 to 21 days after exposure and include:



- ♦ fever (temperature of 100.4°F/38°C or feeling like you have a fever)
- ♦ severe headache
- ♦ muscle pain
- ♦ weakness
- ♦ fatigue (feeling very tired)
- ♦ diarrhea
- ♦ vomiting
- ♦ stomach pain
- ♦ unexplained bleeding or bruising

Ebola is spread by direct contact (through broken skin or mucous membranes in, for example, the eyes, nose, or mouth)



- ♦ with the blood or body fluids (such as urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with or has died from Ebola;
- ♦ with objects (like needles and syringes) contaminated with body fluids of a person who is sick with or has died from Ebola;
- ♦ with infected fruit bats and primates (apes and monkeys); and
- ♦ possibly with semen from a man who has recovered from Ebola (for example, contact during oral, vaginal, or anal sex).

Each state decides how they want to care for people coming from countries that previously had an Ebola outbreak. Depending on your state, someone from the health department may call you within 24 hours after you arrive in the United States. You should follow the public health worker's instructions, if contacted.



Do you have plans to travel in the next 21 days?

- ♦ CDC does not recommend any travel restrictions for people arriving in the United States from countries that previously had an Ebola outbreak.
- ♦ However, some cruise lines may not allow passengers to board ships if they have recently been in or traveled through certain countries. Call the cruise line in advance if you are planning to take a cruise in the near future.
- ♦ If you plan to travel to another country, call the country's embassy to find out if they have any travel bans or quarantines for people who have recently been in a country that previously had an Ebola outbreak (<http://1.usa.gov/1FdJbpv>).

Tear along the dotted lines and keep this card with you.

**C A R E TRAVELER INFORMATION**

**WATCH YOUR HEALTH FOR THE NEXT 21 DAYS:**

- If you have a fever (temperature of 100.4°F/38°C or feel like you have a fever) or have any Ebola symptoms (severe headache, muscle pain, weakness, fatigue, diarrhea, vomiting, stomach pain, unexplained bleeding or bruising), call your health department.
- If you cannot talk to someone at your health department, call CDC at 1-800-232-4636.
- If you have a medical emergency, call 911 and share your travel history.
- Show this card right away if you seek medical care. Tell them you recently arrived from a country that previously had an Ebola outbreak.

[www.cdc.gov/ebola](http://www.cdc.gov/ebola)

**For More Information**



- ♦ Travelers' Health updates: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- ♦ CDC Ebola website: [www.cdc.gov/ebola](http://www.cdc.gov/ebola)

# State and Local Health Department Telephone Numbers

Use these phone numbers if you need to contact the health department in your state. These phone lines are monitored at all times, 24 hours a day.

This list of phone numbers may change. For the most up-to-date list, visit [www.cdc.gov/vhf/ebola/outbreaks/state-local-health-department-contacts.html](http://www.cdc.gov/vhf/ebola/outbreaks/state-local-health-department-contacts.html).



**Alabama**  
1-866-264-4073

**Alaska**  
1-800-478-0084 or 1-907-269-8000

**Arizona**  
1-480-303-1191

**Arkansas**  
1-501-661-2136

**California**  
1-916-845-8911  
**L.A. County**  
1-213-989-7140

**Colorado**  
1-303-692-2700 (M–F, 8am–5pm)  
1-303-370-9395 (after hours)

**Connecticut**  
1-860-509-8000

**Delaware**  
1-302-744-4700

**District of Columbia**  
1-844-493-2652

**Florida**  
1-850-245-4401

**Georgia**  
1-866-782-4584

**Hawaii**  
1-808-586-4586 (7:45am–4:30pm)  
1-808-566-5049 (after hours)

**Idaho**  
1-208-334-5939

**Illinois**  
1-217-782-7860  
**Chicago**  
1-312-744-5000 (ask for on-call communicable disease physician)

**Indiana**  
1-317-233-1325 or 1-800-382-9480

**Iowa**  
1-515-281-7689 or 1-866-834-9671

**Kansas**  
1-877-427-7317

**Kentucky**  
1-888-973-7678

**Louisiana**  
1-800-256-2748

**Maine**  
1-800-821-5821

**Maryland**  
1-410-795-7365

**Massachusetts**  
1-617-983-6800

**Michigan**  
1-517-335-9030

**Minnesota**  
1-651-201-5414

**Mississippi**  
1-601-576-8085

**Missouri**  
1-800-392-0272, ext 1

**Montana**  
1-406-444-0273

**Nebraska**  
1-402-471-1983

**Nevada**  
1-775-400-0333

**New Hampshire**  
1-603-271-5300

**New Jersey**  
1-609-392-2020

**New Mexico**  
1-505-827-0006

**New York**  
1-866-881-2809  
**New York City**  
1-347-396-6194

**North Carolina**  
1-919-733-3419

**North Dakota**  
1-800-211-4451

**Ohio**  
1-614-722-7221

**Oklahoma**  
1-405-271-4060

**Oregon**  
1-971-673-1111

**Pennsylvania**  
1-877-724-3258

**Puerto Rico**  
1-787-380-8112 or  
1-787-679-6295

**Rhode Island**  
1-401-222-2577 (M–F, 8:30am–4:30pm)  
1-401-272-5952 (after hours)

**South Carolina**  
1-803-608-6014

**South Dakota**  
1-605-280-4810

**Tennessee**  
1-800-404-3006

**Texas**  
1-800-705-8868 and 1-800-252-8239

**Utah**  
1-888-374-8824

**Vermont**  
1-802-863-7240

**Virgin Islands**  
St. Thomas/St. John: 1-340-774-9000  
St. Croix: 1-340-773-1311

**Virginia**  
1-866-531-3068 (ask for on-call epidemiologist)

**Washington**  
1-206-418-5500

**West Virginia**  
1-800-423-1271, ext. 1 or  
1-304-558-5358, ext. 1

**Wisconsin**  
1-844-WI-EBOLA (1-844-943-2652)

**Wyoming**  
1-888-996-9104

*Tear along the dotted lines and keep this card with you.*

## HEALTHCARE PROVIDERS

**This person recently returned from a country that previously had an Ebola outbreak.**

1. Conduct a travel, Ebola exposure, and health history
2. Isolate in a private room ONLY IF patient's travel/health history indicates a significant risk of Ebola exposure
3. Implement standard, contact, and droplet precautions as appropriate
4. Investigate other potential causes of patient's symptoms
5. Follow standard protocols for patient care (e.g., medical equipment and procedures, infection control, and lab testing)

**CDC Emergency Operations Center: 770-488-7100**

For more information, visit [www.cdc.gov/ebola](http://www.cdc.gov/ebola)