



EBOLA TRAVELING PRECAUTIONS

The U.S. strongly discourages citizens from traveling to areas that have experienced Ebola outbreaks, but if you must travel to these areas there are steps you can take before traveling and information you should be aware of when you return.

What can travelers do to prevent Ebola?

No vaccine or specific treatment is available for Ebola. Many people who get the disease die, so it is important to take steps to prevent Ebola. Please make sure to do the following if you travel to one of the affected countries:

- Practice careful hygiene. Avoid contact with blood and body fluids.
- Do not handle items that may have come in contact with an infected person's blood or body fluids.
- Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
- Avoid contact with animals or with raw meat.
- Avoid hospitals where Ebola patients are being treated. The U.S. Embassy or consulate is often able to provide advice on facilities that are suitable for your needs.
- Seek medical care immediately if you develop fever, headache, achiness, sore throat, diarrhea, vomiting, stomach pain, rash or red eyes.
- Limit your contact with other people when you travel to the doctor. Do not travel anywhere else.

Health care workers who may be exposed to people with the disease should follow these steps:

- Wear protective clothing, including masks, gloves, gowns and eye protection.
- Practice proper infection control and sterilization measures.
- Isolate Ebola patients from unprotected people.
- Avoid direct contact with the bodies of people who have died from Ebola.
- Notify health officials if you have been exposed to someone with Ebola.

What will travelers experience when they return?

Because of the Ebola outbreak, the Centers for Disease Control and Prevention (CDC) and the Customs and Border Protection (CBP) are now conducting enhanced entry screening at five U.S. airports. This should result in evaluations being performed on approximately 94 percent of travelers from the affected countries.

What does enhanced U.S. entry screening look like?

1. CBP will give each traveler health information that includes:
 - Information about Ebola
 - Symptoms to look for and what to do if symptoms develop
 - Information for doctors if travelers need to seek medical attention
2. Travelers will undergo screening measures to include:
 - Answering questions to determine potential risks
 - Having their temperatures taken
 - Being observed for other symptoms of Ebola
3. If a traveler has a fever or other symptoms or has been exposed to Ebola, CBP will refer to further evaluate the traveler. CDC will determine whether the traveler:
 - Can continue to travel
 - Should be taken to the hospital for evaluation, testing or treatment
 - Should be referred to a local health department for further monitoring and support

How will the Alabama Department of Public Health respond to travelers?

Public Health staff will monitor travelers entering the state from one of the affected countries for 21 days.

This will include calling, asking for self-evaluation of temperatures and symptoms, face-to-face visits for some returnees and other requirements as necessary. For more information about Ebola, go to <http://www.cdc.gov/ebola> or visit the Alabama Department of Public Health's website at www.adph.org/ebola.