

# Update for Local Health Departments on the Monitoring of Travelers Returning from West Africa

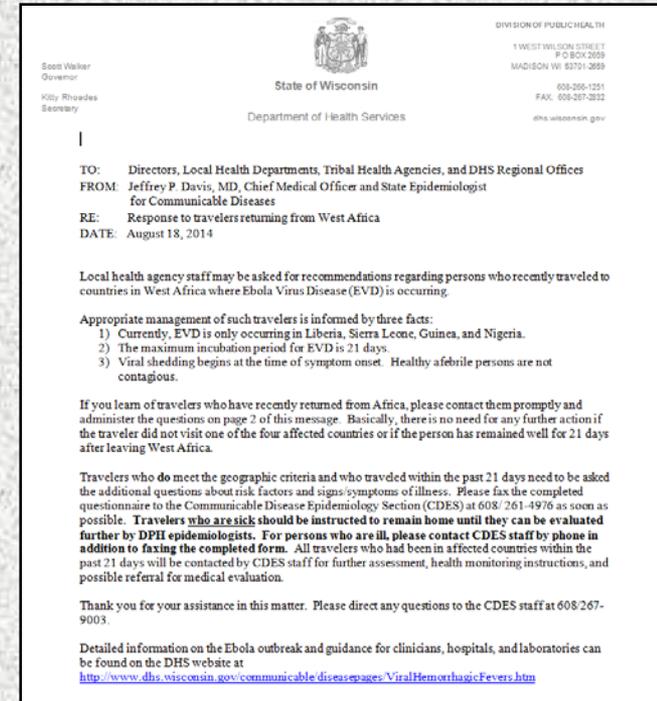


Jim Kazmierczak, DVM, MS  
Division of Public Health  
Wisconsin Department of Health Services



# Why an Update?

- Guidance on traveler monitoring sent from DPH to LHDs twice before on 8/19/14 and 9/4/14
- Since then, all travelers from Guinea, Liberia, and Sierra Leone must enter USA via one of 5 airports
- Since then, CDC has instituted enhanced arrival screening at these airports for such travelers
- CDC has issued updated guidance for state and local health departments regarding post-arrival monitoring  
[www.cdc.gov/media/releases/2014/p1022-post-arrival-monitoring.html](http://www.cdc.gov/media/releases/2014/p1022-post-arrival-monitoring.html)



# Haven't we been doing this already? What's changed?

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- Yes – since August, 42 travelers from W. Africa have been monitored
- The **new changes** are subtle but important:
  - DPH is now immediately notified by CDC of new arrivals and the results of their airport screening (as before, DPH contacts LHD)
  - Nigeria is no longer considered an Ebola-endemic country
  - CDC is requiring DAILY monitoring of travelers and recommends that HDs attempt to locate travelers who do not check-in daily. This is called active monitoring
  - For post-arrival monitoring, DPH has created electronic forms that can be used in the contact investigation function of WEDSS – see “Hemorrhagic fever, Ebola”
  - This new guidance is detailed in an email sent yesterday to all local health officers
  - Upon screening, arrivals are provided with a thermometer and an informational packet



**Welcome to the United States**

Whether you are returning home or just visiting, we hope you enjoy your time in the United States. We know that you just came from a country with an Ebola outbreak and that this can cause worry and fear. We want to make sure that you know what to do now. We also want to make sure you know what to do to protect your health and the health of those who are close to you.

This is the Check and Report Ebola (or, CARE) Kit. The kit has information about Ebola. It also contains tools to help you do daily health checks for the next 21 days. Your daily health check will include a temperature check and a symptom check.

You will find these 6 items in your CARE Kit:

- 1 Digital thermometer**  
A thermometer is in your kit so that you can take your temperature every morning and every night for 21 days.
- 2 Directions for your digital thermometer**  
(Title: Take your Temperature Two Times a day, Morning and Night)  
Explains how to:
  - take your temperature using the thermometer in your kit, and
  - record your thermometer reading
- 3 Ebola CARE Kit Health Advisory**  
The health advisory is a quick tool to remind you to check your temperature and do health checks 2 times each day for 21 days. This tool also reminds you who to call if you have symptoms.
- 4 Symptom Card and Symptom Log**  
The Symptom Card shows the signs and symptoms of Ebola.
- 5 A Check and Report Ebola (CARE) Card**  
The CARE Card is a simple reminder to do a health check each day and who to call if you have symptoms. If you call the state health department or a doctor, tell them you have a CARE card. Keep this card with you for 21 days after your arrival in the United States
- 6 List of State Health Department Telephone Numbers**  
This is a list of telephone numbers for state health departments across the United States. The list is given so you may contact the state health department in the state you are in to report any symptoms.

Once 21 days have passed, if you have no symptoms or fever, you are no longer at risk of Ebola.

We hope you find this kit useful. Please use it to keep yourself and others safe. Together, we can protect everyone from Ebola.



**HEALTH ADVISORY: EBOLA**

Ebola spreads through direct contact with the blood or body fluids (such as spit or pee) of a person who is sick with Ebola symptoms.

Watch for fever, headaches, and body aches for the next 3 weeks.



If you get sick, stay at home, then call the State Health Department or call CDC: 1-800-232-4636.

If you have a medical emergency, call 911.

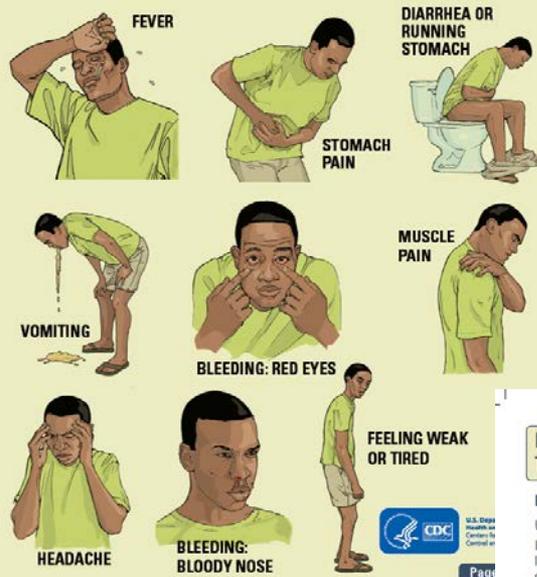


**EBOLA CARE Kit Symptom Card and Log**

If you have any of these symptoms during the next 21 days, call the State Health Department or call CDC: 1-800-232-4636. If you have a medical emergency, call 911.

**Remember:** Check symptoms and report early! Getting care early is your best chance to get better.

Track Your Symptoms on the following pages for 21 days.



**Information Packet Given to Travelers**

**Daily Body Symptoms and Temperature Check**

**Week #1**

Date you arrived in United States: / /

Use this form to record your temperature and symptoms every morning and every night. If your temperature is 100.4 F or 38 C or above OR if you have any of the symptoms listed on the symptom card, please call the State Health Department where you are or call CDC INFO: 1-800-232 4636

If you have a medical emergency, call 9-1-1.

	SYMPTOMS	TEMP <sup>o</sup>		SYMPTOMS	TEMP <sup>o</sup>
<b>DAY 1</b> 01 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>	<b>DAY 5</b> 05 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>
<b>DAY 2</b> 02 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>	<b>DAY 6</b> 06 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>
<b>DAY 3</b> 03 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>	<b>DAY 7</b> 07 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>
<b>DAY 4</b> 04 / 08 / 2014	SYMPTOMS	TEMP <sup>o</sup>			

## **Direct Active Monitoring** – a new change from CDC as of 10/27/14

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- Direct active monitoring: A public health official directly observes the individual at least once a day to review symptoms and check temperature
- Recommended for persons with:
  - Contact with infectious fluids via needle stick, mucosal exposure, or skin exposure
  - Handling infectious body fluids as in a lab without PPE
  - Touching a corpse in an endemic country without PPE
  - Living with and caring for an Ebola patient
  - In endemic countries, direct contact with a person showing symptoms of Ebola while wearing PPE (e.g., an MSF volunteer)
- Consult with DPH regarding details of direct active monitoring. Movement restrictions for the above groups may be required.

# What hasn't changed?

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- DPH will continue to notify the LHD in the jurisdiction where the traveler resides or will be staying
- LHDs will continue to report the results of the monitoring to DPH at the end of 21 days - or sooner if any issues arise
- For travelers who report potential exposures to Ebola virus, DPH staff in consultation with LHD staff will decide if restrictions on movement need to be imposed and whether direct active monitoring is required
- To date, no such restrictions have been necessary

