

Attention CSU Students, Faculty, and Staff Who Have Recently Traveled to or Arrived from:

Guinea, Liberia, Nigeria, and Sierra Leone

What should I do if I have recently visited one of the countries where the Ebola outbreaks are happening?

See CDC's [Interim Guidance for Monitoring and Movement of Persons with Ebola Virus Disease Exposure](#) to learn about your risk level.

<http://www.cdc.gov/vhf/ebola/hcp/monitoring-and-movement-of-persons-with-exposure.html>

Pay attention to your health after you return:

- Monitor your health for 21 days.
 - Take your temperature every morning and evening & write it down. You can get free disposable thermometers from CSU Health & Wellness Services.
 - Watch for other Ebola symptoms: severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
 - If your temperature is above 101.5°F (38.6°C) or you have any other Ebola signs or symptoms, **seek medical care immediately**. CSU Health Services does NOT have the needed isolation ability or laboratory expertise that a hospital has to evaluate these cases. You may call CSU Health Services at 216-687-3649 so that we can refer you to the appropriate facility. If you are referred to another health care facility, please do the following:
 - Call and tell the doctor/hospital about your recent travel and your symptoms **before** you go to the hospital. Advance notice will help the doctor care for you and protect other people.
 - Limit your contact with other people when you travel to the doctor; avoid public transportation.
 - Do not travel anywhere except to the doctor's office or hospital.
 - **Limit your contact with other people if you are sick. Do not go to work, classes, or other student activities until you have been medically evaluated.**
- During the time that you are monitoring your health, if you have no symptoms, you can continue your normal activities, including work and school. If you get symptoms of Ebola, it is important to stay separated from other people and to call your doctor right away.

What should I do if I have traveled to one of the countries where the Ebola outbreaks are happening and have been exposed to Ebola?

- If you were exposed to people who had Ebola, or their blood or body fluids, talk with a student health center staff member even if you do not have symptoms. They will tell you what school-specific instructions you should follow. A doctor should evaluate your exposure level and symptoms if you have them and consult with public health authorities to determine if actions— such as medical evaluation and testing for Ebola, monitoring, or travel restrictions— are needed.
- Follow the instructions above for monitoring your health.

What should I do to protect my health if I come in contact with people on-campus who have recently returned from a country where the Ebola outbreaks are happening?

- Ebola poses little risk to the general public and is not contagious until symptoms appear. It is spread through **direct contact** with body fluids (blood, urine, feces, saliva, semen, and other bodily secretions) of an infected person, or with objects like needles that have been contaminated with body fluids. Exposure risk includes close, person-to-person contact, such as sexual intimacy and kissing. **Ebola can still be found in body fluids for up to 7 weeks after a person has recovered.**
- It is always good to avoid contact with anyone who is sick and to wash your hands regularly. Use soap and water if available or use hand sanitizer.