



Arkansas Department of Health

4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000

Governor Mike Beebe

Nathaniel Smith, MD, MPH, Director and State Health Officer

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The Arkansas Department of Health (ADH) is providing this guidance in an effort to alert educators and businesses about the Ebola Virus Disease (EVD) outbreak in West Africa and how to manage students, staff or personnel who may be arriving from affected countries.

While EVD poses an extremely low risk to Arkansas, the fact of international travel by Arkansans and visitors requires that administrators and employers should be prepared to answer questions regarding the management of these individuals who may be arriving for the fall semester or for work purposes.

The most critical step to prevent transmission of EVD is to identify those persons that have travelled from affected countries (currently Guinea, Sierra Leone, Liberia and Nigeria) in the last 21 days. Once identified, they should be provided with the information provided below. (As additional information is released from CDC or other sources, the ADH will release further guidance.)

The ADH will be holding a call Monday, August 11th from 1 PM – 2 PM for interested parties at 1-888-363-4734; passcode: 1017234.

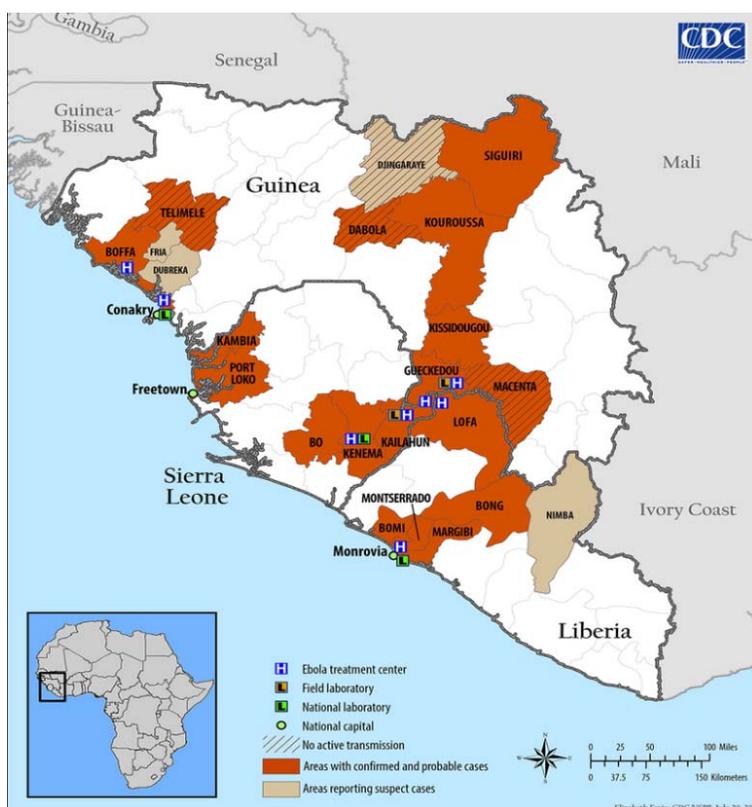
BACKGROUND & GUIDANCE

- Ebola virus is a highly serious infectious agent. It has been associated with serious illness and death.
- Transmission is by spread from person-to-person through direct contact with bodily fluids such as **blood, urine, vomit, feces, sweat, semen, and breast milk** or by exposure to contaminated objects with bodily fluids, such as **needles**. Those who have this type of contact or participated in burial procedures of someone with EVD are at high risk of disease. Medical evaluation is required.
- Those who have only casual contact (e.g. being in the same room without physical contact) with patients with EVD are considered to be at low risk but should have medical evaluation and consultation.

- Those who have arrived from affected countries in the last 21 days and develop symptoms found in EVD (see table below) should be evaluated by a physician in consultation with either the ADH or the CDC. Without known exposure to EVD, these symptoms most likely represent infection of a different cause, but examination is advised.
- Those without symptoms and without exposures as listed above are at no risk but should continue to monitor themselves for fever or symptoms until 21 days have passed since departure from an affected country.
- EVD infected patients become **infectious** when they develop symptoms most notably **fever**.
- Any hospital or healthcare facility with isolation capabilities can **safely** provide supportive care to an EVD patient. ADH has provided instructions to all health care facilities in Arkansas.
- Before arriving at a physician's office or emergency facility the patient should call ahead and alert the medical staff.
- **Any suspected case of EVD should be reported to ADH immediately at 501-537-8969 (M-F 8:00 AM – 4:30 PM) or 1-800-554-5738 (After Hours and Weekends) and CDC at 1-770-488-7100.**

Resources –

- General information about EVD: www.cdc.gov/vhf/ebola/about.html.
- Frequently asked questions regarding EVD: <http://www.cdc.gov/vhf/ebola/outbreaks/guinea/qa.html>.



Map of 2014 West African countries with epidemic of EVD

Table: Symptoms of Ebola HF typically include:

- Fever
- Headache
- Joint and muscle aches
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite

Some patients may experience:

- A Rash
- Red Eyes
- Hiccups
- Cough
- Sore throat
- Chest pain
- Difficulty breathing
- Difficulty swallowing
- Bleeding inside and outside of the body

Symptoms may appear anywhere from 2 to 21 days after exposure to ebola virus though 8-10 days is most common.

J. Gary Wheeler, MD
Medical Director,
Infectious Disease Branch

Dirk Haselow, MD
State Epidemiologist