



# Arkansas Department of Health

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**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 businesses about the Ebola Virus Disease (EVD) outbreak in West Africa and how to manage staff, associates, and visitors 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 be prepared to answer questions regarding the management of these individuals who may be arriving or returning from these countries 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 given the information provided below. (As additional information is released from CDC or other sources, the ADH will issue further guidance.)

## **BACKGROUND & GUIDANCE**

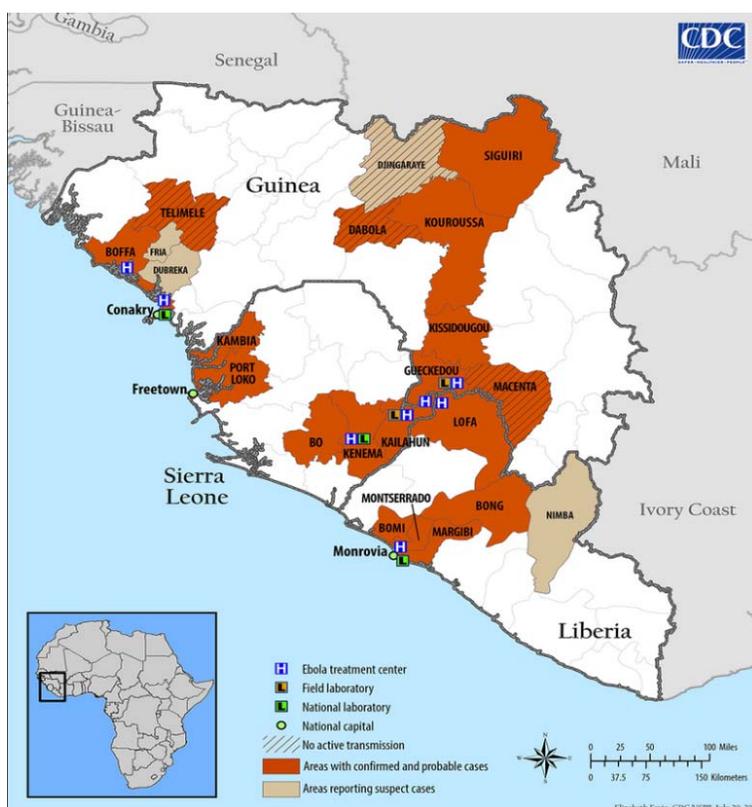
- Ebola virus is a highly serious infectious agent. It has been associated with serious illness and death.
- Transmission is by spread from person-to-person through direct contact with bodily fluids such as **blood, urine, vomit, feces, sweat, semen, and breast milk** or by exposure to contaminated objects 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 traveled from an affected country (Guinea, Liberia, Sierra Leone or Nigeria) within the past 21 days but do not have symptoms and have no known contact with someone infected with Ebola are at low risk of Ebola infection and are

not at risk of infecting others. However, they should continue to monitor themselves for fever or symptoms until 21 days have passed since departure from the affected country.

- Those without symptoms and without exposures as listed above are at very low 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 501-661-2893 (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](http://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 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.

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