

Possible Exposure: Ebola on a Flight

What you need to do

You are being given this card because you sat on a plane near a person with Ebola.

- Spread of Ebola on a plane is NOT likely. However, CDC is being extra careful to ensure your safety.
- Ebola is a severe, often fatal disease that spreads through direct contact with an infected person's blood or body fluids (such as urine, saliva, sweat, feces, vomit, and semen).
- Symptoms appear within 21 days of exposure: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- People exposed to Ebola cannot spread it to others unless they have fever or other symptoms of Ebola.

Take the following steps until 21 days after your flight to protect yourself and others.

- Take your temperature every morning and evening, and watch for symptoms of Ebola: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Your health department will provide instructions on what you are allowed to do and how you will be monitored.
- Tell the health department if you plan to travel more than 50 miles or to another state.
- Do not travel on commercial planes, ships, trains, or long-distance buses.
- Call your health department immediately if you get a **fever*** or other symptoms.
 - *Fever: temperature of 100.4°F / 38°C or higher or feeling like you have a fever.**
 - If you can't reach the health department, call a doctor or 9-1-1; tell the doctor that you might have been exposed to Ebola on a plane.
 - Do not travel anywhere except to the doctor's office or hospital. Limit your contact with other people. Do not use public transport to get to the medical facility. Only travel by private car or ambulance.
 - Bring this notice and give it to the health care staff when you arrive.

For more information

- For information about Ebola: www.cdc.gov/ebola
- CDC-INFO Hotline: 800-CDC-INFO (800-232-4636) or TTY: 888-232-6348 or www.cdc.gov/info

A Note to the Doctor

The patient giving you this card has potentially been exposed on an airplane to a person with confirmed Ebola.

CDC recommends the following:

- Place the patient in a private room.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance for health care providers. See link below.
- Evaluate the patient using clinical guidance and case definitions provided by CDC. See link below.
- Notify your local or state public health department about the patient.
 - See www.naccho.org/about/lhd for your local health department contact information.
 - The health department will provide guidance as to whether testing for Ebola is indicated.
- If you are unable to reach your local or state health department, call the CDC Emergency Operations Center for assistance: 770-488-7100.

For more information

CDC Ebola website for health care providers: www.cdc.gov/vhf/ebola/hcp/index.html

