



Interim Guidance for Those Living with a Person with Possible Ebola Exposure (“Person Under Monitoring”)

Updated November 20, 2014

People recently in a country where Ebola virus is spreading should monitor themselves for fever or other signs of illness for 21 days after leaving that country. Monitoring is also important for people who have been in contact with someone sick with Ebola infection. Monitoring does not mean that your family member or friend will become sick with Ebola. However, the person *might* become sick during the monitoring period. If so, he or she needs to see a doctor for medical care, and to test for Ebola and other diseases.

Persons under monitoring are not contagious to others when they are well and do not have symptoms. If the person does become sick, getting him or her to medical care quickly will lower the risk of exposure to others.

This fact sheet explains what you should do if a person under monitoring becomes ill during the 21-day monitoring period. It also explains how you can protect yourself from infection if that person becomes sick.

How to prepare:

- Keep the phone number of your local public health department, the doctor of the person under monitoring, and at least one emergency contact within easy reach.
- Know what to do if your family member or friend becomes sick during the monitoring period. You will develop this plan with your local health department.
- Have a list of current health conditions, chronic health conditions, and current medicines for the person who is under monitoring. Share it with the health care provider if your family member or friend becomes sick.

If the person under monitoring develops fever, severe headache, muscle aches, vomiting, diarrhea or stomach pain:

- Call your local health department right away. Describe the person’s symptoms and tell the health department staff member what time the symptoms started. The public health staff will arrange for prompt evaluation and care for the sick person.
- Avoid touching the sick person. Ebola virus isn’t spread when someone is not displaying symptoms, but it can be spread by contact with a person who is sick.
- Ebola is spread by infected body fluids. If the sick person throws up, has diarrhea (loose or bloody stool), or has any bleeding, avoid contact with these fluids. Public health staff members will work with you to arrange for cleaning the area.
- Give the list of health conditions and current medications to the health care provider who is examining your sick family member or friend.
- Remain at a safe distance, but close enough that emergency responders and health care providers can speak to you about your family member or friend’s health and sickness. It also may be reassuring to your family member or friend to have you nearby, even though you are not in direct contact with him or her.

This information provides an overview. For more information: