

# EBOLA VIRUS DISEASE

## Infection Preventionists

### Ebola Virus Disease (Ebola): Synthesis of CDC Guidance for Infection Preventionists “Ask. Isolate. Call.”

*This is a rapidly evolving situation. We anticipate that the Centers for Disease Control and Prevention (CDC) will continue to update their Ebola guidance. Please see the CDC website for the most current recommendations: <http://www.cdc.gov/vhf/ebola/index.html>*

#### Information and contacts

All suspect cases should be immediately reported to the Colorado Department of Public Health and Environment (CDPHE) at 303-692-2700 (evenings and weekends: 303-370-9395). CDPHE will coordinate communication with CDC.

#### Background

Ebola virus is spread person-to-person through direct contact with bodily fluids (such as blood, vomit, diarrhea, urine, sweat, semen, saliva, and breast milk). The incubation period is usually 8-10 days (range 2-21 days). Patients can transmit the virus while febrile and through later stages of disease, as well as postmortem. Patients are not contagious until symptomatic.

- For information on the Ebola outbreak in West Africa, see: <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/index.html>
- For the case definition for Ebola see: <http://www.cdc.gov/vhf/ebola/hcp/case-definition.html>
- For specific information on clinical presentation, clinical course, pathogenesis, and laboratory findings please see: <http://www.cdc.gov/vhf/ebola/hcp/clinician-information-us-healthcare-settings.html>

#### ASK: Evaluating Risk of Exposure of Persons to Ebola Virus Disease

Clinicians and triage staff should ask about travel to Liberia, Sierra Leone, and Guinea (in West Africa) for any patient experiencing fever or other symptoms of Ebola (severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage). Early recognition is critical to controlling the spread of Ebola virus. Health care providers should be alert for and evaluate any patients with symptoms consistent with Ebola and potential exposure history.

CDC checklists and a decision trees are available here:

- <http://www.cdc.gov/vhf/ebola/pdf/ebola-algorithm.pdf>
- <http://www.cdc.gov/vhf/ebola/pdf/checklist-patients-evaluated-us-evd.pdf>
- <http://www.cdc.gov/vhf/ebola/pdf/evd-screening-criteria.pdf>
- <http://www.cdc.gov/vhf/ebola/hcp/monitoring-and-movement-of-persons-with-exposure.html>

CDPHE poster for healthcare providers to ask about Ebola:

- [https://www.colorado.gov/pacific/sites/default/files/ComDis\\_CD-Ebola-Ask-About-Ebola-Poster.pdf](https://www.colorado.gov/pacific/sites/default/files/ComDis_CD-Ebola-Ask-About-Ebola-Poster.pdf)

#### ISOLATE: Infection Prevention and Control of Suspected Ebola Patients

Patients who report a travel history to an Ebola-affected country (currently Liberia, Sierra Leone, and Guinea) and who are exhibiting Ebola symptoms should be **isolated** and placed in a private room with a private bathroom and implement standard, contact, and droplet precautions

(gowns, facemask, eye protection, and gloves). Facilities should maintain a log of all persons entering the patient's room.

- Infection Prevention and Control Recommendations of Hospitalized Patients with Known or Suspected Ebola Virus Disease: <http://www.cdc.gov/vhf/ebola/hcp/infection-prevention-and-control-recommendations.html>
- Safe Management of Patients in U.S. Hospitals: <http://www.cdc.gov/vhf/ebola/hcp/patient-management-us-hospitals.html>
- How to safely put on personal protective equipment: <http://www.cdc.gov/vhf/ebola/pdf/ppe-poster.pdf>
- CDC expert commentary: Infection Prevention and Control of Ebola Virus Disease and US Hospitals: <http://www.medscape.com/viewarticle/830140>
- Implement standard, contact & droplet precautions. For full details of standard, contact, and droplet precautions, see: [http://www.cdc.gov/hicpac/2007IP/2007ip\\_part2.html#e](http://www.cdc.gov/hicpac/2007IP/2007ip_part2.html#e)
- Environmental infection control: <http://www.cdc.gov/vhf/ebola/hcp/environmental-infection-control-in-hospitals.html>
- Handling human remains: <http://www.cdc.gov/vhf/ebola/hcp/guidance-safe-handling-human-remains-ebola-patients-us-hospitals-mortuaries.html>
- Breastfeeding and infant feeding: <http://www.cdc.gov/vhf/ebola/hcp/recommendations-breastfeeding-infant-feeding-ebola.html>

#### **CALL:** Report all suspect cases

Call CDPHE immediately at **303-692-2700 (evenings and weekends: 303-370-9395)** to report patients with travel to affected countries and any of the symptoms listed above and to discuss diagnostic testing.

#### Clinical Guidance

Clinical guidance from CDC can be found here:

- <http://www.cdc.gov/vhf/ebola/hcp/clinician-information-us-healthcare-settings.html>
- <http://www.cdc.gov/vhf/ebola/treatment/index.html>
- <http://www.cdc.gov/vhf/ebola/outbreaks/guinea/qa-experimental-treatments.html>

#### Laboratory Specimen Guidance

**All suspect cases of Ebola should be immediately reported to CDPHE for evaluation and/or approval for diagnostic testing. Contact CDPHE at 303-692-2700 (evenings and weekends: 303-370-9395). CDPHE will coordinate communication with the CDC. CDC will not accept specimens without consultation.**

Please see most up-to-date CDC guidance:

- How Laboratories can Safely Manage Specimens from Persons Under Investigation for Ebola: <http://www.cdc.gov/vhf/ebola/hcp/safe-specimen-management.html>
- Specimen collection, transport, testing, and submission at: <http://www.cdc.gov/vhf/ebola/hcp/interim-guidance-specimen-collection-submission-patients-suspected-infection-ebola.html>
- For information about diagnostic assays and appropriate timing: <http://www.cdc.gov/vhf/ebola/diagnosis/index.html>
- Interim guidance for specimen collection, transport, testing, and submission (poster): <http://www.cdc.gov/vhf/ebola/pdf/ebola-lab-guidance.pdf>

Additional Resources:

Ebola Hemorrhagic Fever Fact Sheet/Infographics:

- <http://www.cdc.gov/vhf/ebola/resources/pdfs/Ebola-FactSheet.pdf>
- <http://www.cdc.gov/vhf/ebola/pdf/infographic.pdf>
- <http://www.cdc.gov/vhf/ebola/pdf/ghs-ebola-materials.pdf>
- <http://www.cdc.gov/vhf/ebola/pdf/west-africa-outbreak-infographic.pdf>

FAQs about Ebola:

- <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html>

What is CDC doing?

- <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/what-cdc-is-doing.html>



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