

## **Advisory for families staying and travelers visiting / returning after visiting West African Countries affected with Ebola Virus Disease (EVD):**

### **Brief description:**

- Ebola virus disease is rare.
- Disease is spread by contact with body fluids of An infected person or a diseased animal or by coming in contact with contaminated objects.
- The disease is characterized by symptoms such as fever, weakness, muscle pain, headache and sore throat, followed by vomiting, diarrhea, rash and in some cases bleeding.
- Persons who come in direct contact of body fluids of infected person or infected animal are at risk.
- There is no vaccine or drugs.
- Implementation of supportive therapy may increase the chances of survival.
- Early detection, isolation of cases, contact tracing and monitoring of contacts and rigorous procedures for infection can prevent further outbreak.
- In view of the prevailing situation it is advisable to avoid / defer travel to countries affected with outbreak of Ebola Virus disease.

## **Advisory for Indian families staying in affected areas (including travelers visiting):**

- Avoid all contact with suspect / confirmed cases of EVD and blood and body fluids of infected people or animals during your stay.
- Do not handle items that may have come in contact with body fluids of diseased person or infected animal during your stay.
- If you have been exposed to a suspected/confirmed Ebola cases, self-monitor health for occurrence of symptoms (like fever, weakness, muscle pain, headache, and sore throat, followed by vomiting, diarrhea, stomach pain, rash and red eyes) for 30 days.
- In case you suffer from any such illness, immediately isolate yourself from other family members and report to the designated health facility for prompt management.
- Follow simple public health measures (also when accidentally exposed) like:
  - **Hand hygiene** Wash hands with soap and water for at least 30 seconds after assisting ill travelers or coming in contact with body fluids or surfaces that may be contaminated.
  - An alcohol-based hand cleaner is an alternative to hand-washing but will not be effective if hands are visibly soiled.
  - Avoid touching your mouth, eyes, and nose with unwashed or gloved hands.
  - Staying away to avoid close contact
  - Use of tissues or face mask to prevent contact with respiratory secretions

## **Advisory for families and travelers returning to India:**

- If you have stayed in the areas where Ebola cases have been recently reported, self-monitor your health for occurrence of symptoms (like fever, weakness, muscle pain, headache, and sore throat, followed by vomiting, diarrhea, stomach pain, rash and red eyes) for 30 days.
- If you develop symptoms before travel, defer your travel and report to health facility
- In case you develop symptoms on flight report to the airlines crew.
- After disembarkation report to airport health officer on.
- In case you suffer from any such illness after reaching home, immediately report to the nearest designated health facility for prompt management.