Appendix 3

Guidance for Persons Traveling from the West African nations of Guinea or Sierra Leone to Kansas

This is guidance for persons who have traveled to Guinea or Sierra Leone within the past 21 days and are now returning to Kansas.

Symptoms of EVD typically include an abrupt onset of fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, and loss of appetite. Some patients may also experience a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside of the body. The typical incubation period (time between exposure and onset of symptoms) is eight to 10 days, though the range is two to 21 days.

Ebola virus can be transmitted from person-to-person by:

- Direct contact with the blood or body fluids of an infected person
- Exposure to objects (such as needles) that have been contaminated with blood or other body fluids from an infected person

Ebola virus is **not** transmitted from person-to-person through the air, water, or food.

If you returned within the previous 21 days from Guinea or Sierra Leone; have had any of the following high or low risk exposures; have a fever (subjective or measured as ≥100.4°F or 38.0°C) and additional symptoms such as severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage, call the Kansas Department of Health and Environment (KDHE) at 877-427-7317 and your local hospital's emergency department if needed prior to seeking care.

Check your temperature twice daily and monitor for other signs and symptoms of EVD for 21 days after your exposure. Use the medical monitoring log on the next page. If you develop fever and other symptoms of EVD within 21 days of your exposure, call the KDHE Epidemiology Hotline at 877-427-7317. KDHE or the local health department will make ***daily*** contact with you to discuss and document temperature, symptoms, and to discuss any concerns.

DAILY MEDICAL MONITORING LOG:

Monitor yourself for fever twice daily for 21 days after returning from an Ebola-affected country. Mark the date, time you took your temperature (mark whether it was AM or PM), and temperature. If you develop a fever (either feeling feverish or measured as ≥100.4°F or 38.0°C) note the other symptoms you are experiencing and immediately call your local health department or the Kansas Department of Health and Environment's Epidemiology Hotline at 877-427-7317.

Day	Date	Time Taken	Temperature	Day	Date	Time Taken	Temperature
1		_____□AM□PM	_____°F	12		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
2		_____□AM□PM	_____°F	13		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
3		_____□AM□PM	_____°F	14		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
4		_____□AM□PM	_____°F	15		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
5		_____□AM□PM	_____°F	16		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
6		_____□AM□PM	_____°F	17		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
7		_____□AM□PM	_____°F	18		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
8		_____□AM□PM	_____°F	19		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
9		_____□AM□PM	_____°F	20		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
10		_____□AM□PM	_____°F	21		_____□AM□PM	_____°F
		_____□AM□PM	_____°F			_____□AM□PM	_____°F
11		_____□AM□PM	_____°F				
		_____□AM□PM	_____°F				

If you have developed a fever please check the boxes of any symptoms you are experiencing.

□ Headache □Joint or Muscle Aches □Weakness □Vomiting □Diarrhea □ Stomach or Abdominal Pain □ Lack of Appetite

□Cough □ Sore throat □Rash □Shortness of Breath □Chest Pain

HEALTH ADVISORY: EBOLA

Ebola spreads through direct contact with the blood or body fluids (such as spit or pee) of a person who is sick with Ebola symptoms.

Watch for fever, headaches, and body aches for the next 3 weeks.

If you get sick, stay at home, then call the **State Health Department**

1-877-427-7317

If you have a medical emergency, call 911.

Kansas Department of Health and Environment

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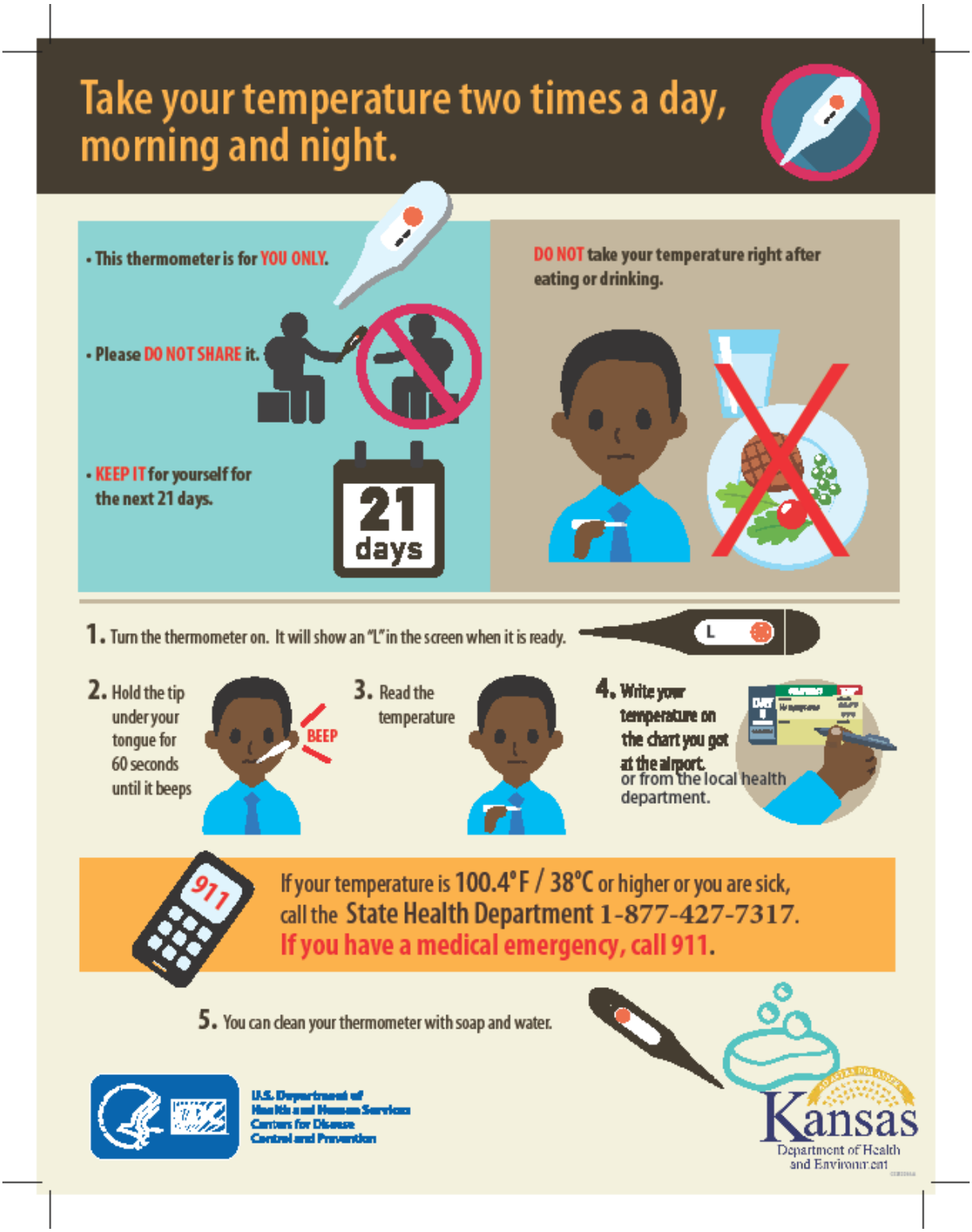
Take your temperature two times a day, morning and night.
• This thermometer is for YOU ONLY.
• Please DO NOT SHARE it.
• KEEP IT for yourself for the next 21 days.
21 days
DO NOT take your temperature right after eating or drinking.
1. Turn the thermometer on. It will show an "L" in the screen when it is ready.
L
2. Hold the tip under your tongue for 60 seconds until it beeps
BEEP
3. Read the temperature
4. Write your temperature on the chart you got at the airport. or from the local health department.
911
If your temperature is 100.4°F / 38°C or higher or you are sick, call the State Health Department 1-877-427-7317.
If you have a medical emergency, call 911.
5. You can clean your thermometer with soap and water.
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Kansas
Department of Health and Environment