



Ebola Virus Disease (EVD) Post Exposure Self-Monitoring

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During your recent travel to an area experiencing EVD and/or during travel on a commercial airline, ship, or train you may have been exposed to EVD. Unless you had direct contact with blood, feces, or other body fluids of a person with symptoms due to EVD, or with objects contaminated with the virus, your risk of becoming infected is low. EVD is not spread through the air or water. It is important to monitor yourself for symptoms.

Ebola virus is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite, and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to EVD although 8 to 10 days is most common.

Please complete the self-monitoring log below for the next 21 days. If you develop a fever (101.5° Fahrenheit) or develop the above symptoms, take the following actions:

- 1) Contact your health care provider immediately.
- 2) Ensure that family members and other close contacts do not have contact with your blood, feces, or other body fluids.
- 3) Do not go to work or school.
- 4) Notify the County of Riverside Department of Public Health Disease Control of your illness by calling (951) 358-5107 or (951) 782-2974 (after hours).

Ebola Virus Disease Self-Monitoring Log

Day	Date	Temperature		Joint/Muscle Pain	Vomiting	Diarrhea	Unexplained Bleeding
		AM	PM				
1				<input type="checkbox"/> yes <input type="checkbox"/> no			
2				<input type="checkbox"/> yes <input type="checkbox"/> no			
3				<input type="checkbox"/> yes <input type="checkbox"/> no			
4				<input type="checkbox"/> yes <input type="checkbox"/> no			
5				<input type="checkbox"/> yes <input type="checkbox"/> no			
6				<input type="checkbox"/> yes <input type="checkbox"/> no			
7				<input type="checkbox"/> yes <input type="checkbox"/> no			
8				<input type="checkbox"/> yes <input type="checkbox"/> no			
9				<input type="checkbox"/> yes <input type="checkbox"/> no			

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Day	Date	Temperature		Joint/Muscle Pain	Vomiting	Diarrhea	Unexplained Bleeding
		AM	PM				
10				<input type="checkbox"/> yes <input type="checkbox"/> no			
11				<input type="checkbox"/> yes <input type="checkbox"/> no			
12				<input type="checkbox"/> yes <input type="checkbox"/> no			
13				<input type="checkbox"/> yes <input type="checkbox"/> no			
14				<input type="checkbox"/> yes <input type="checkbox"/> no			
15				<input type="checkbox"/> yes <input type="checkbox"/> no			
16				<input type="checkbox"/> yes <input type="checkbox"/> no			
17				<input type="checkbox"/> yes <input type="checkbox"/> no			
18				<input type="checkbox"/> yes <input type="checkbox"/> no			
19				<input type="checkbox"/> yes <input type="checkbox"/> no			
20				<input type="checkbox"/> yes <input type="checkbox"/> no			
21				<input type="checkbox"/> yes <input type="checkbox"/> no			

Note: If you have not developed illness during the 21 day monitoring period, it is unlikely that you will become ill as a result of this exposure.

Additional information on Ebola Virus Disease is located at http://www.rivcoph.org/Portals/0/FAQ_Ebola_English.pdf and at <http://www.cdc.gov/vhf/ebola/>.