

Guidance for Administrative Staff and Schools and Child Care Centers

West Africa Ebola Outbreak

BACKGROUND

There is an Ebola outbreak in the West African countries of Guinea, Liberia and Sierra Leone. If a child or staff member is ill and did not travel to Guinea, Liberia or Sierra Leone, he or she does not have Ebola.

- The chances of getting Ebola are extremely low unless a person traveled to an area affected by the outbreak and had direct contact with the body fluids (e.g., blood, vomit, diarrhea) of an Ebola-infected person, or with objects soiled with that person's body fluids.
- Ebola can be spread between people only after symptoms begin. Ebola is more easily spread by people who are severely sick.
- Early Ebola symptoms can include fever, headache, muscle pain, vomiting, diarrhea and stomach pain.
- Fever in people who traveled to Guinea, Liberia and Sierra Leone is much more likely to be caused by another disease (e.g. malaria or typhoid). The person with fever should be checked by a doctor to confirm.

RECOMMENDATIONS FOR STUDENTS AND STAFF

1.) Self-Monitoring at Home:

- The Centers for Disease Control and Prevention (CDC) recommend that all healthy people who arrive in the U.S. from Guinea, Liberia or Sierra Leone monitor themselves for fever and other symptoms daily for 21 days.
- The 21-day period should start the day after leaving the affected area.
- Schools and child care centers do not need to monitor students. Monitoring should be done at home.
- During self-monitoring, it is O.K. to attend school or child care.
- If the child or staff member develops fever or gets sick during the 21-day self-monitoring timeframe, he or she should not come to school or child care. Instead, the staff member or child's parent should call a healthcare provider right away and should mention the symptoms and travel history.
- If after 21 days, the person has no symptoms, he or she is not at risk.

2.) Watching for Illness at School or the Child Care Center:

- If, within 21 days of returning from Guinea, Liberia or Sierra Leone, a staff member develops fever or other symptoms while at school or child care, the staff member must stay alone in a separate room until medical help arrives. The school principal, nurse or center director must contact 911 and mention the recent travel. The principal, nurse or director should also report the illness to the Health Department at 866-692-3641.

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If, within 21 days of returning from Guinea, Liberia or Sierra Leone, a student/child develops fever or other symptoms while at school or child care, the student must stay in a separate room until medical help arrives. If a school nurse is available, the nurse should see the student right away, using recommended precautions. The school principal, nurse or center director must contact 911 and report the child's recent travel. A staff member, preferably the nurse, should wait with the child and calmly reassure the child until medical help arrives. The child's parent or guardian must also be contacted right away. The principal, nurse or director should also report the illness to the Health Department at 866-692-3641.

- If a student or staff member who recently traveled to Guinea, Liberia or Sierra Leone develops fever or other symptoms while at school or child care, and the school or child care provider cannot identify whether the person traveled to an affected area, the above steps should be the same.
- If a room at school or the child care center is contaminated with body fluids (such as vomit) from a sick staff member, student or child being isolated for the reasons described above, the room should be closed to others. After the Health Department has evaluated the situation, it will give the school or child care center further guidance about cleaning and/or reopening the room.

Anyone who gets sick more than 21 days after returning from Guinea, Liberia or Sierra Leone DOES NOT need to be checked for Ebola and IS NOT at risk for Ebola.

For more information on Ebola, visit www.nashville.gov/health or www.cdc.gov/vhf/ebola