

PENNSYLVANIA DEPARTMENT OF HEALTH
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Evaluating Patients for Possible Ebola Virus Disease:
Recommendations for Healthcare Personnel and Health
Officials



DATE:	10/03/2014
TO:	Health Alert Network
FROM:	Michael Wolf, Secretary of Health
SUBJECT:	Evaluating Patients for Possible Ebola Virus Disease: Recommendations for Healthcare Personnel and Health Officials
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This transmission is a “Health Advisory”: provides important information for a specific incident or situation; may not require immediate action.

HOSPITALS: PLEASE SHARE WITH ALL MEDICAL, PEDIATRIC, INFECTION CONTROL, NURSING, AND LABORATORY STAFF IN YOUR HOSPITAL

EMS COUNCILS: PLEASE DISTRIBUTE AS APPROPRIATE

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LOCAL HEALTH JURISDICTIONS: PLEASE DISTRIBUTE AS APPROPRIATE

PROFESSIONAL ORGANIZATIONS: PLEASE DISTRIBUTE TO YOUR MEMBERSHIP

The Pennsylvania Department of Health is forwarding the following advisory to healthcare providers, “Evaluating Patients for Possible Ebola Virus Disease: Recommendations for Healthcare Personnel and Health Officials” from the Centers for Disease Control and Prevention (CDC).

This is an official
CDC HEALTH ADVISORY

Distributed via the CDC Health Alert Network
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CDCHAN-00371

Evaluating Patients for Possible Ebola Virus Disease:
Recommendations for Healthcare Personnel and Health Officials

Summary: The first case of Ebola Virus Disease (Ebola) diagnosed in the United States was reported to CDC by Dallas County Health and Human Services on September 28, 2014, and laboratory-confirmed by CDC and the Texas Laboratory Response Network (LRN) laboratory on September 30. The patient departed Monrovia, Liberia, on September 19, and arrived in Dallas, Texas, on September 20. The patient was asymptomatic during travel and upon his arrival in the United States; he fell ill on September 24 and sought medical care at Texas Health Presbyterian Hospital of Dallas on September 26. He was treated and released. On September 28, he returned to the same hospital, and was admitted for treatment.

The purpose of this HAN Advisory is to remind healthcare personnel and health officials to:

(1) increase their vigilance in inquiring about a history of travel to West Africa in the 21 days before illness onset for any patient presenting with fever or other symptoms consistent with Ebola;

(2) isolate patients who report a travel history to an Ebola-affected country (currently Liberia, Sierra Leone, and Guinea) and who are exhibiting Ebola symptoms in a private room with a private bathroom and implement standard, contact, and droplet precautions (gowns, facemask, eye protection, and gloves); and

(3) immediately notify the local/state health department.

Please disseminate this information to infectious disease specialists, intensive care physicians, primary care physicians, and infection control specialists, as well as to emergency departments, urgent care centers, and microbiology laboratories.

Background

The first known case of Ebola with illness onset and laboratory confirmation in the United States occurred in Dallas, Texas, on September 2014, in a traveler from Liberia. The West African countries of Liberia, Sierra Leone, and Guinea are experiencing the largest Ebola epidemic in history. From March 24, 2014, through September 23, 2014, there have been 6,574 total cases (3,626 were laboratory-confirmed) and 3,091 total deaths reported in Africa. Ebola is a rare and deadly disease caused by infection with one of four viruses (Ebolavirus genus) that cause disease in humans. Ebola infection is associated with fever of greater than 38.6°C or 101.5°F, and additional symptoms such as severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage. Ebola is spread through direct contact (through broken skin or mucous membranes) with blood or body fluids (including but not limited to urine, saliva, feces, vomit, sweat, breast milk, and semen) of a person who is sick with Ebola or contact with objects (such as needles and syringes) that have been contaminated with these fluids. Ebola is not spread through the air or water. The main source for spread is human-to-human transmission. Avoiding contact with infected persons (as well as potentially infected corpses) and their blood and body fluids is of paramount importance. Persons are not contagious before they are symptomatic. The incubation period (the time from exposure until onset of symptoms) is typically 8-10 days, but can range from 2-21 days. Additional information is available at <http://www.cdc.gov/vhf/ebola/index.html>.

Recommendations

Early recognition is critical to controlling the spread of Ebola virus. Consequently, healthcare personnel should elicit the patient's travel history and consider the possibility of Ebola in patients who present with fever, myalgia, severe headache, abdominal pain, vomiting, diarrhea, or unexplained bleeding or bruising. Should the patient report a history of recent travel to one of the affected West African countries (Liberia,

Sierra Leone, and Guinea) *and* exhibit such symptoms, immediate action should be taken. The Ebola algorithm for the evaluation of a returned traveler and the checklist for evaluation of a patient being evaluated for Ebola are available at <http://www.cdc.gov/vhf/ebola/pdf/ebola-algorithm.pdf> and <http://www.cdc.gov/vhf/ebola/pdf/checklist-patients-evaluated-us-evd.pdf> .

Patients in whom a diagnosis of Ebola is being considered should be isolated in a single room (with a private bathroom), and healthcare personnel should follow standard, contact, and droplet precautions, including the use of appropriate personal protective equipment (PPE). Infection control personnel and the local health department should be immediately contacted for consultation.

The following guidance documents provide additional information about clinical presentation and clinical course of Ebola virus disease, infection control, and patient management:

- Guidelines for clinicians in U.S. healthcare settings are available at <http://www.cdc.gov/vhf/ebola/hcp/clinician-information-us-healthcare-settings.html>.
- Guidelines for infection prevention control for hospitalized patients with known or suspected Ebola in U.S. hospitals are available at <http://www.cdc.gov/vhf/ebola/hcp/infection-prevention-and-control-recommendations.html>
- Guidelines for safe management of patients with Ebola in U.S. hospitals are at <http://www.cdc.gov/vhf/ebola/hcp/patient-management-us-hospitals.html>.

The case definitions for persons under investigation (PUI) for Ebola, probable cases, and confirmed cases as well as classification of exposure risk levels are at <http://www.cdc.gov/vhf/ebola/hcp/case-definition.html>.

Persons at highest risk of developing infection are:

- those who have had direct contact with the blood and body fluids of an individual diagnosed with Ebola – this includes any person who provided care for an Ebola patient, such as a healthcare provider or family member not adhering to recommended infection control precautions (i.e., not wearing recommended PPE)
- those who have had close physical contact with an individual diagnosed with Ebola
- those who lived with or visited the Ebola-diagnosed patient while he or she was ill.

Persons who have been exposed, but who are asymptomatic, should be instructed to monitor their health for the development of fever or symptoms for 21 days after the last exposure. Guidelines for monitoring and movement of persons who have been exposed to Ebola are available at <http://www.cdc.gov/vhf/ebola/hcp/monitoring-and-movement-of-persons-with-exposure.html>.

Healthcare personnel in the United States should immediately contact their state or local health department regarding any person being evaluated for Ebola if the medical evaluation suggests that diagnostic testing may be indicated. If there is a high index of suspicion, U.S. health departments should immediately report any probable cases or persons under investigation (PUI)

(<http://www.cdc.gov/vhf/ebola/hcp/case-definition.html>) to CDC's Emergency Operations Center at 770-488-7100.

Laboratory Testing

If testing for Ebola virus is being considered for any patient, the Pennsylvania Department of Health (PADOH) must be consulted immediately. The PADOH will coordinate joint consultation with the PADOH Bureau of Laboratories (BOL) and the CDC. During that consultation the need for testing will be carefully evaluated. If testing is approved guidelines will be provided for the number and type of specimens to collect for submission together with the appropriate shipping instructions for those specimens. Neither the BOL nor the CDC will accept specimens **without prior consultation and approval.**

Please contact your state or local jurisdiction at one of the following numbers if you suspect an individual who may have Ebola Virus Disease:

- i. **PA-DOH:** 877-PA-HEALTH (877-724-3258)
- ii. **Allegheny County Health Dept:** 412-687-2243; After Hours: 412-687-2243
- iii. **Allentown Health Bureau:** 610-437-7760; After Hours 610-437-7760
- iv. **Bethlehem Bureau of Health:** 610-865-7087; After Hours 610-865-7187
- v. **Bucks County Dept of Health:** 215-345-3318; After Hours: 888-245-7210
- vi. **Chester County Health Dept:** 610-344-6225; After Hours: 610-733-4919
- vii. **Erie County Dept of Health:** 814-451-6700, 24 Hrs/7 Days
- viii. **Montgomery County Dept of Health:** 610-278-5117; After Hours: 610-275-1222
- ix. **Philadelphia Dept of Public Health, Division of Disease Control:** 215-685-6740, After Hours: 215-686-4514
- x. **Wilkes-Barre City Health Dept:** 570-208-4268; After Hours: 570-208-4268
- xi. **York City Bureau of Health:** 717-849-2299; After Hours: 717-324-6591

Categories of Health Alert messages:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.

This information is current as of October 3, 2014, but may be modified in the future.