STATE OF OHIO
Emergency Operations Center
NEWS RELEASE
www.ema.ohio.gov

John R. Kasich, Governor

Emergency Management Agency
2855 W. Dublin Granville Rd.
Columbus, Ohio 43235

FOR IMMEDIATE RELEASE **October 16, 2014**
Contact: State Joint Information Center (614) 799-6480

Ohio Issues Enhanced Ebola Quarantine Protocols

COLUMBUS – Today the Ohio Department of Health (ODH) issued new, stronger recommended quarantine protocols for local health departments responding to suspected or confirmed Ebola cases in Ohio. The ODH guidelines were developed in consultation with Ohio infectious disease experts and build on guidelines of the U.S. Centers for Disease Control and Prevention.

ODH issued the new guidelines to Ohio's local health departments and health care providers via its Ohio Public Health Communications System.

"The ODH guidelines are being recommended out of an abundance of caution to take strong measures to protect Ohio residents," said Dr. Mary DiOrio, state epidemiologist and interim chief of the ODH Bureau of Prevention and Health Promotion. "It has become clear that we cannot be too careful in efforts to contain the spread of this deadly disease."

Here are the ODH guidelines for local health departments:

- For individuals with any direct physical contact with the index case (including brief contact such as a handshake without personal protective equipment), ODH recommends quarantine for 21 days after the last contact in conjunction with public health officials.

- For individuals without direct contact, but within a three foot radius of the index case (such as adjacent passengers in an airplane or car) for a prolonged period of time, ODH recommends twice-daily temperature-taking and symptom check (one observed by a public health official) for 21 days after the last contact with the index case.

- For individuals without direct contact but in the vicinity of the index case as indicated by a public health official, notification and self-monitoring is recommended.

Individuals in any of the above categories who have an oral temperature of 100.4 degrees or greater, or develop symptoms including muscle aches, weakness, vomiting, diarrhea or bruising/bleeding, should seek medical evaluation and testing.

Ohio public health officials were alerted by the CDC Wednesday morning that a Dallas nurse who tested positive for Ebola was in Ohio Oct. 10-13.

ODH has activated a 24-hour-a-day call center to answer questions about Ebola and Ohio's response. The telephone number is 1-866-800-1404. Information about Ebola is also available on the ODH website at www.odh.ohio.gov and the CDC website at www.cdc.gov.

###

CHRONOLOGY

Oct. 16: ODH in consultation with infectious disease experts across the state issues enhanced Ebola quarantine protocols for individuals in proximity of index cases.

Oct. 15: CDC responds to Gov. John R. Kasich's request by agreeing to send staff to Ohio to help support Ohio's state and local Ebola response efforts.

ODH deploys state epidemiologist Dr. Mary DiOrio and other staff to Summit County to assist with its efforts; participates in Summit County Public Health's news conference.

Gov. Kasich talks with US Secretary of Health and Human Services Sylvia Burwell, as well as CDC Director Dr. Tom Frieden. Kasich requests CDC staff to be deployed to Ohio to assist with patient contact work.

ODH notified by CDC that Dallas nurse who tested positive for Ebola was in Summit County Oct. 10-13.

Oct. 14: Ohio conducts a tabletop exercise and preparedness seminar with health care partners representing hospitals, physicians, nurses, EMS responders and local health departments.

July-Pres.: ODH shares Ebola preparedness guidance with health care providers and local health departments.

What You Need to Know about Ebola

The 2014 Ebola epidemic is the largest in history

While Ebola does not pose an imminent risk to Ohio residents, out of an abundance of caution the Ohio Department of Health is working with local health departments, hospitals, EMS responders, physicians, other health care professionals and state agencies to be prepared.

The first U.S. Ebola case (a traveler from West Africa) was diganosed in Dallas, Texas on September 30.

Facts *about* Ebola in the U.S.

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



A person infected with Ebola can't spread the disease until symptoms appear

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs of Ebola include fever (higher than 101.5 F) and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, unexplained bleeding or bruising.

Ebola is spread through direct contact with blood and body fluids

Ebola is spread through **direct contact** (through broken skin or mucous membranes) with:

- Blood and body fluids (like urine, feces, saliva, vomit, sweat and semen) of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

Ebola is **not** spread through the air, water, or food but can remain in contaminated clothing, bedding, towels, etc.

If you recently traveled to West Africa or had close contact with a person sick with Ebola, you may be at risk if you

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluids from a person with Ebola.
- Touched bats or non human primates or blood, fluids, or raw meat prepared from these animals.
- Went into hospitals where Ebola patients were being treated and had close contact with patients.
- Touched the body of a person who died of Ebola.

What you should do

- Watch for signs and symptoms of Ebola for 21 days.
- Take your temperature every morning and evening to see if you develop a fever.
- Watch for other Ebola symptoms, like severe headche, muscle pain, vomiting, diarrhea, stomach pain, unexplained bleeding or bruising.
- Call your doctor even if you do not have symptoms. The doctor can evaluate your exposure level and any symptoms and consult with public health authorities to determine if actions are needed.
- Call first before you go to the hospital or your doctor. Calling first will help them take care of you and protect other people.

For more information

Call your local health department

Visit the Ohio Department of Health website at **www.odh.ohio.gov**

Ohio Department of Health

Materials adapted by CDC