

Ebola: Are you prepared?

By CDC/KDHE

[Ebola virus disease](#) is spread through direct contact with blood or other bodily fluids of a person who is sick with Ebola. Symptoms of Ebola include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain and lack of appetite. These symptoms usually appear 8-10 days after exposure to a person who is sick with Ebola and showing symptoms. A person infected with Ebola is not contagious until symptoms appear. Most cases of Ebola are in the West African countries of Guinea, Liberia and Sierra Leone.

Ebola is not contagious until symptoms appear. Ebola is only spread through direct contact with bodily fluids which include saliva, mucus, vomit, feces, sweat, tears, breast milk, urine and semen.

The CDC and the Assistant Secretary for Preparedness and Response (ASPR) developed checklists to help healthcare facilities prepare for managing patients with infectious diseases such as Ebola virus disease (EVD).

Facilities should review infection control policies and procedures and incorporate plans for administrative, environmental, and communication measures. Facilities should also define the individual work practices that will be required to detect the introduction of a patient with EVD or other emerging infectious disease, prevent spread, and manage the impact on patients, the facility, and staff. These checklists are not intended to set forth mandatory requirements or establish national standards.

See also: [Interim Guidance for U.S. Hospital Preparedness for Patients Under Investigation \(PUIs\) or with Confirmed Ebola Virus Disease \(EVD\): A Framework for a Tiered Approach](#)

And <http://www.cdc.gov/vhf/ebola/healthcare-us/index.html>

[Healthcare Facility Checklist\[PDF - 2 pages\]](#) This checklist highlights some key areas for health care facilities to review in preparation for a person with EVD arriving for medical care.

[Healthcare Provider Checklist\[PDF - 2 pages\]](#) This checklist highlights some key areas health care providers to review in preparation that a person with EVD arrives for medical care.

[Healthcare Coalition Checklist\[PDF - 4 pages\]](#) This checklist is intended to enhance collective preparedness and response by highlighting key areas for healthcare coalitions to review in preparation for a person under investigation for Ebola at a coalition member's facility.

[Emergency Medical Services Checklist\[PDF - 5 pages\]](#) This checklist is intended to enhance collective preparedness and response by highlighting key areas for Emergency Medical Services personnel to review in preparation for encountering and providing medical care to a person under investigation for Ebola.