

ISDH Long Term Care  
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**In Today's Issue:**  
- Ebola Information

## Ebola Call Center

**[The call number for the hearing impaired has been corrected from the earlier newsletter.]**

The Indiana State Department of Health opened a call center for the public to answer questions regarding Ebola Virus Disease. Health representatives are available to answer questions regarding symptoms, screening and diagnosis of Ebola.

**The call center telephone number is (877) 826-0011. It is open Monday through Friday, 8:15 a.m. to 4:45 p.m. Call (888) 561-0044 for the hearing impaired.**

"There are a lot of questions about Ebola right now and unfortunately quite a bit of misinformation going around," said State Health Commissioner William VanNess, M.D. "The call center will provide people with a way to easily speak directly to a state health representative to get the information they need."

The Ebola virus is not spread through the air, by water or food, or by casual contact. People with Ebola can only spread the Ebola virus when they have symptoms. There is no known risk of transmission if someone does not have symptoms. Ebola is only spread through direct contact with blood or body fluids (including but not limited to urine, saliva, feces, vomit and semen, or a needlestick) of a person who is sick with Ebola or the body of a person who has died from Ebola.

Symptoms of Ebola may appear anywhere from two to 21 days following exposure to body fluids of a person infected with the virus, but often appear between eight and 10 days following exposure. People are contagious as long as their blood and bodily fluids contain the virus. People who do not have symptoms are not contagious.

Symptoms of Ebola include:

- Fever
- Headache
- Joint and muscle pain
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite
- Abnormal bleeding

"Early symptoms of Ebola are similar to influenza, which is why it is essential for our healthcare providers

to check travel history when receiving a patient with flu-like symptoms," said Dr. VanNess. "Only individuals who have traveled to Guinea, Sierra Leone and Liberia are at risk of having been exposed."

For more information about Ebola, visit the Indiana State Department of Health's website at [www.statehealth.in.gov](http://www.statehealth.in.gov) or the Centers for Disease Control and Prevention website at <http://www.cdc.gov/vhf/ebola/index.html>.

Follow the Indiana State Department of Health on Twitter at [@StateHealthIN](https://twitter.com/StateHealthIN) and on Facebook at [www.facebook.com/isdh1](https://www.facebook.com/isdh1).

## Ebola Guidance from CDC

The Centers for Disease Control and Prevention (CDC) web site contains information about the Ebola virus and care recommendations. The pages are updated regularly as changes occur. The following are a few of the healthcare sites.

CDC Ebola Case Definition

<http://www.cdc.gov/vhf/ebola/hcp/case-definition.html>

Interim Guidance for Specimen Collection, Transport, Testing, and Submission for Patients with Suspected Infection with Ebola Virus Disease

<http://www.cdc.gov/vhf/ebola/hcp/interim-guidance-specimen-collection-submission-patients-suspected-infection-ebola.html>

Monitoring and Movement recommendations

<http://www.cdc.gov/vhf/ebola/hcp/monitoring-and-movement-of-persons-with-exposure.html>

Infection Prevention and Control Recommendations for Hospitalized Patients with Known or Suspected Ebola Hemorrhagic Fever in U.S. Hospitals:

<http://www.cdc.gov/vhf/ebola/hcp/infection-prevention-and-control-recommendations.html>

Interim Guidance for Environmental Infection Control in Hospitals for Ebola Virus:

<http://www.cdc.gov/vhf/ebola/hcp/environmental-infection-control-in-hospitals.html>

Sequence for Removing Personal Protective Equipment (PPE):

<http://www.cdc.gov/vhf/ebola/pdf/ppe-poster.pdf>

Ebola Virus Disease Information for Clinicians in U.S. Healthcare Settings:

<http://www.cdc.gov/vhf/ebola/hcp/clinician-information-us-healthcare-settings.html>