

## Agreement for Individuals With Low, but Not Zero Ebola Exposure Risk

XX Health District  
City, Virginia

Dear Traveler:

Although you have not reported any known exposures to Ebola virus, because you were in a country with Ebola virus transmission or had some limited contact with a person with Ebola, special steps are needed to ensure you stay in good health and are closely connected with the local health department so any change in your health status can be noted as quickly as possible.

Because the disease can cause serious illness in some individuals, strong measures must be taken to stop the spread of the disease. **While you have not reported any known exposures to Ebola virus, according to the Virginia Department of Health guidance, you are directed by the [enter Health District name] to follow the guidelines below from now, [Date] until [insert last day of symptom monitoring], which is 21 days after departing the outbreak affected area.**

1. *Monitor your health twice a day.*

- Measure your temperature twice a day (once in the morning and once in the evening) and record the temperatures on the log that you have been given. It is good to take your temperature at around the same times each morning and evening. Do not eat or drink during the 30 minutes before you check your temperature and do not take fever-lowering medications.
- Monitor for other symptoms of EVD daily, and record the findings on the log that you have been given.
- [enter Health District name] will call you every day to see if you have developed a fever or any other symptoms of EVD. You must provide a phone number where you can be reached every day until [insert last day of symptom monitoring]

2. *Notify the [enter Health District name] about long-distance travel to ensure monitoring can continue to occur.*

- Local health department should discuss anticipated daily routines, including commuting to work, school and running errands. You are permitted to engage in your usual activities.
- You should notify your health department contact if you plan to travel >50 miles from your residence or travel on any commercial airplane flight, ship, long-distance bus or train.
- The health department must have the ability to make daily contact with you to verify your health status throughout this monitoring period, wherever you are located. In addition, suitable healthcare services must be readily available in the area where you plan to visit.

3. Notify your local health department if you develop a fever or any other symptoms of EVD. If you are very ill or if it is a medical emergency, seek medical attention immediately.

Symptoms of Ebola virus disease (EVD) include: fever, headache, muscle aches, weakness, diarrhea, vomiting, stomach pain, and bleeding (inside and outside of the body). Symptoms can start anywhere from 2 to 21 days after coming into contact with the virus, although 8-10 days is most common. Ebola is spread through the blood or bodily fluids (such as saliva, vomit, and diarrhea) of a sick person or through exposure to contaminated objects such as needles. People who do not have any symptoms of the disease cannot spread the disease to others.

- If you feel feverish or develop other symptoms and are not certain whether you should seek medical care, please call your health department contact. Your contact at the local health department will help you determine what you should do next.
- If it is determined that you should go to an emergency department for further evaluation, your health department contact will tell you what near-by emergency departments can provide the care you need and where they are located.
- Your health department contact will call the emergency department and tell them to expect you. When you arrive at the emergency department, you should go straight to the receptionist so that you can be placed in a private room. Ask the emergency department staff to contact the local health department so they know you have arrived and are being evaluated.
- If possible, and if it is not a medical emergency, you should have a family member or friend drive you in a private car. Do not take public transportation (such as a train, subway/metro, bus, taxi). Carry any paperwork (for example: fever chart and local health department contact information) with you so you can show them when you arrive at the emergency department.
- If you have no other transportation available, your local health department contact may be able to assist you in arranging transportation. In some cases transport by ambulance may be needed.
- If you become very ill and it is a medical emergency, call 9-1-1. Tell the operator about your travel history and symptoms and let the ambulance crew know when they arrive.

**Health Department:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

For more information, call your doctor or health department, or visit the Centers for Disease Control and Prevention's website at <http://www.cdc.gov/vhf/ebola/>.

**Sincerely,**

**District Health Director**

## Traveler Agreement

By signing below, I acknowledge receiving and understanding the public health recommendation to monitor my health for 21 days **from now, [Date] until \_\_\_\_\_ [insert last day of symptom monitoring]**, for signs and symptoms of Ebola virus disease and to notify public health and a healthcare provider if I develop any signs of illness. I also agree to notify public health if I need to travel outside my normal daily routine so that monitoring can occur without interruption.

I understand that failure to comply with the terms of this Agreement may subject me to legal action in the form of an involuntary order of quarantine or isolation, pursuant to the law of the jurisdiction in which I reside or am located.

I understand that this Agreement remains in effect until I have been notified in writing by the **[enter Health District name]** that I am released from my obligations under this agreement.

\_\_\_\_\_  
Printed Name:

\_\_\_\_\_  
Signature:

\_\_\_\_\_  
Date