

Ebola Virus Clinician Health Alert

MedStar Washington Hospital Center | Children's National Hospital | Regional Emerging Special Pathogen Treatment Center



In May 2026, the CDC issued a **health alert** about an ongoing outbreak of Ebola virus, a rare but highly fatal viral hemorrhage fever, in the Democratic Republic of the Congo (DRC). Clinicians should be mindful of the potential for Ebola virus in patients who have recently traveled to the DRC or have had contact with someone known to have Ebola.

1. Identify: When to Suspect



Travel to the DRC, Uganda, or South Sudan; or contact with a known Ebola patient, within the last 21 days

and

Symptoms:

- Fever, chills
- Headache
- Muscle aches
- Chest pain
- Bleeding

- Altered mental status
- Nausea, vomiting, and diarrhea
- Shortness of breath



2. Isolate: Protecting Personnel and the Public



Patient Isolation

- Place face mask on patient
- Wrap the patient using impervious suit/sheet



PPE for Suspected, DRY*, Stable Cases

- Impermeable gown / coverall
- Face shield + N95
- Two pairs of gloves



PPE for Confirmed, WET**, and/or Unstable Patients

- Impermeable gown / coverall
- PAPR or N95 + hood + face shield
- Two pairs of gloves
- Boot covers
- Apron

* DRY = Not exhibiting obvious bleeding, vomiting, or diarrhea

** WET = Exhibiting obvious bleeding, vomiting, or diarrhea

3. Inform: Notify Local Department of Health

Clinicians should follow local protocols. Clinicians should contact your infection prevention team and local department of health.



4. Post-Transfer Issues

All exposed rooms and equipment should be cleaned and disinfected using an EPA-registered hospital-grade disinfectant while wearing PPE. Soiled laundry and trash should be handled following your organization's guidelines for special pathogens.



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Additional References: [CDC](#) [NETEC](#)