



Health Advisory

Ebola Outbreaks in Guinea and the Democratic Republic of the Congo

In February 2021, the World Health Organization (WHO) declared outbreaks of Ebola Virus Disease (EVD) in the Democratic Republic of Congo (DRC) and Guinea. This Health Advisory is intended to provide recommendations regarding the evaluation of patients who are suspected of EVD.

EVD should be considered in any patient:

(1) Presenting with abrupt onset of fever AND one of more of the following symptoms: severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage; **AND**

(2) Exposure to one or more epidemiologic risk factors within 21 days prior to the onset of symptoms:

- Residence or travel to an EVD-endemic area or area classified by the CDC as experiencing an Ebola outbreak, **OR**
- Direct contact with blood or body fluids of a person who is sick with or has died from EVD, **OR**
- Direct contact with objects (such as clothes, bedding, needles and syringes) contaminated with blood or body fluids from a person who is sick with or has died from EVD, **OR**
- Handling EVD specimens in a laboratory setting, **OR**
- Direct contact with non-human primates or fruit bats in areas where Ebola is endemic, **OR**
- Exposure to semen of an individual who recovered from EVD within the last 12 months or breast-milk of an individual who had EVD within the last 6 months.

A patient evaluation algorithm is available at:

<http://www.dshs.state.tx.us/IDCU/disease/ebola/Ebola-Patient-Management3.pdf>

NOTE: Ebola symptoms are similar to several more common conditions (such as malaria, typhoid, influenza, etc.) and should be ruled out.

If EVD is suspected:

- Isolate suspected EVD patients in a private room with a private bathroom, and follow the CDC guidelines for infection prevention and control:
<http://www.cdc.gov/vhf/ebola/hcp/infection-prevention-and-control-recommendations.html>.
- Guidelines for clinicians in U.S. healthcare settings are available at:
<http://www.cdc.gov/vhf/ebola/hcp/clinician-information-us-healthcare-settings.html>.



- Immediately notify infection control personnel and the local health department. Find your local health department at:
<http://www.dshs.state.tx.us/idcu/investigation/conditions/contacts/>
- Consultation with DSHS and the CDC are required before submitting specimens for testing and will assist with coordinating diagnostic testing
<http://www.cdc.gov/vhf/ebola/hcp/interim-guidance-specimen-collection-submission-patients-suspected-infection-ebola.html>

Additional Information

The WHO declared outbreaks in the northeast North Kivu Province DRC (Central Africa), and in the southern rural community of Gouéké, N'Zérékoré Prefecture of Guinea (Western Africa). Efforts are underway to monitor contacts and vaccinate high-risk contacts and frontline healthcare workers.

In response to both outbreaks, the CDC has issued Level 3 Travel Warnings for both countries. Travelers from the DRC and Guinea arriving into the US will now be rerouted through 6 selected airports (approximately 60 per day), and airlines will be required to collect contact information for public health follow-up, monitoring and intervention.

Ebola Virus Disease: EVD is a rare and deadly viral disease.

Incubation period: typically 8-10 days but can range from 2-21 days. Persons are not contagious before they are symptomatic.

Symptoms: Ebola infection is associated with an abrupt onset of fever and accompanied by one or more of the following symptoms: severe headache, fatigue, myalgia (muscle pain), vomiting, diarrhea, abdominal pain, or unexplained bleeding or bruising (hemorrhage). Other symptoms and clinical findings may include weakness, nausea, arthralgia, red eyes, sore throat, hiccups, skin rash, symptoms of impaired kidney and liver function, elevated liver enzymes, low white blood cell count, or low platelet count (thrombocytopenia).

Transmission occurs through direct contact (through broken skin or mucous membranes) with blood or body fluids (including but not limited to urine, saliva, feces, vomit, sweat, breast milk, and semen) of a person who is sick with Ebola or through contact with objects (such as clothes, bedding, needles and syringes) that have been contaminated with these fluids.

Additional information is available at: <http://www.cdc.gov/vhf/ebola/index.html>.

For more information, healthcare providers can contact their local health department: <http://www.dshs.state.tx.us/idcu/investigation/conditions/contacts/> or Call the DSHS/Infectious Disease Control Unit at 512-776-7676 or 1-800-252-8239.