

## Ebola Virus Disease

### Definition:

Ebola is caused by a virus in the family *Filoviridae*, genus *Ebolavirus*.

### Signs and symptoms:

Symptoms may include fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, and lack of appetite. In some patients, the symptoms may include: a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside of the body.

### Transmission:

Transmission is usually through direct contact with the blood, sweat, emesis, feces, urine, semen and other body secretions of a sick person or someone who has died from Ebola. It can also be spread through contact with an infected animal in the affected countries, or exposure to objects (such as needles) that have been contaminated with infected secretions. Patients with Ebola Virus Disease who are not showing symptoms are not infectious.

It is also possible that Ebola virus can be spread through the semen of men who have recovered from Ebola (for example, by having oral, vaginal, or anal sex).

Healthcare providers caring for Ebola patients and family and friends in close contact with Ebola patients are at the highest risk of getting sick because they may come in contact with infected blood or body fluids of patients who are very sick with Ebola.

### Diagnosis:

Ebola Virus Disease is diagnosed by clinical symptoms and laboratory tests, only after symptom onset.

### Role of the School Nurse:

#### Prevention

- Provide education to students and staff regarding good hand washing with soap and water
- Avoid contact with bodily fluids of ill students.
- When students plan to travel internationally, review guidance for destination countries.

#### Treatment Recommendations

- If symptoms are noted, the child should be referred to a healthcare provider.
- Standard treatment is limited to supportive therapy in a hospital.

#### Exclusions

- Any students with Ebola will be hospitalized and would be excluded from school. The provider and Maine CDC will provide recommendations on individual students' return.

#### Reporting Requirements

- Ebola is a reportable disease – report immediately to 1-800-821-5821

### Resources:

- Maine CDC Ebola website: <http://www.maine.gov/ebola>
- Federal CDC Ebola website <http://www.cdc.gov/vhf/ebola/>