

Campus Related FAQs About Ebola

1. What do I do if I am sick with a fever, vomiting, or diarrhea?

- It is always a good practice to stay home if you have a temperature of 100°F or more, or if you have vomiting or diarrhea. You may have other types of viruses that can be passed to others. Return to work or school when you have no fever for 24 hours without the use of any fever reducing medication such as Tylenol or Ibuprofen.

2. What do I do if a student is sick or becomes sick in my classroom?

- When no cases of Ebola are reported in San Diego County, there is no need to do anything with the student in class with mild cold symptoms (looks well but you can see they have a runny nose or occasional cough). If the student looks sick or is disrupting class with a cough, you can refer the student to Health Services (Student Center, Building 600) for evaluation. This person may have a bad cold or flu and may have the potential to get you or others sick.
- When there is Ebola present in the county and you have a sick student, Call Campus Police at extension 6691 who will call Health Services to assess the student.

3. What if a student is sick and gets a bloody nose or vomits in the classroom?

- When no cases of Ebola are reported in San Diego County, you can refer the student to Health Services for evaluation. To clean up the room:
 - During the day, call Facilities at ext. 6366, 5366, or 6320 After hours, call Campus Police.
- When Ebola is present in the county, Call Campus Police (ext. 6691) who will activate the Campus Emergency Preparedness Plan.

4. What if I think I have been exposed or a student thinks they have been exposed to Ebola?

- Self-Isolate yourself, monitor your temperature, and call Health Services at (619) 482-6354 or Ext 6354 or contact your health care provider.

5. Where do I go if I think I have Ebola?

- It is important to have a health care professional assess your risk of having Ebola.
- Self-Isolate yourself, monitor your temperature, and call Health Services at (619) 482-6354 or ext. 6354 or contact your health care provider.

6. What are the signs I should look for if I suspect Ebola?

- Remember you have to have a known risk of exposure to Ebola.
- The first sign of Ebola is abrupt onset of fever usually greater than 38°C or 100.4°F with chills and general discomfort.
- Other symptoms include severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain, and unexplained bleeding or bruising.

7. How is Ebola transmitted?

- Ebola is transmitted through contact with body fluids - vomit, blood, urine, saliva, sweat, feces, breast milk, and semen of a person who is sick with Ebola.
- Ebola virus is NOT transmitted through air.

8. What can I do to prevent getting infected with Ebola?

- Wash your hands frequently with soap and water or an alcohol-based hand sanitizer.
- Keep your hands away from your face.
- Avoid contact with blood and body fluids. Always treat all body fluids as if they are potentially infectious.

9. Is there a vaccine for Ebola?

- Not at this time. However, experimental vaccines are being developed but have not been fully tested.

Campus Resources:

Campus Police Emergency – (619) 216-6691 or ext. 6691

Health Services – (619) 482-6354 or ext. 6354

Other Resources:

Centers for Disease Control – www.cdc.gov

World Health Organization - <http://www.who.int/csr/disease/ebola/en/>

San Diego Public Health Department (Health and Human Services) -

http://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/ebola.html