

# WHAT YOU SHOULD KNOW ABOUT HOSTING A VISITOR FROM WEST AFRICA

By the time your visitor arrives from West Africa, they will have been through health screenings in both the airport they departed from in West Africa, and again when they landed in the United States. If they had any symptoms of Ebola when they arrived in US, they would have been sent to a hospital. If they were considered to be at a higher risk of coming down with the disease, they would have been quarantined. All visitors are asked to monitor their health for 21 days. Why 21 days? People who are infected with the Ebola virus will develop symptoms sometime between 2 and 21 days after the virus gets inside their body.

## All travelers will be asked to monitor their health.

- Check temperature twice each day. Once in the morning and once in the evening.
- If needed, get a thermometer at a local drug store. Follow instructions for taking your temperature orally if possible.
- Avoid hot or cold foods/drinks before taking a temperature. Hot or cold foods/drinks can make the temperature reading inaccurate.
- It is ok to share a thermometer but wash it well with soap and water after each use.



**FACT:** Ebola spreads through direct contact with body fluids of someone who is currently sick with Ebola. You cannot get Ebola through casual contact like talking, sitting in the same room, etc. You cannot get Ebola from someone that does not have symptoms.

## Ebola Symptoms

- Fever
- Headache
- Joint and muscle aches
- Weakness
- Diarrhea
- Vomiting
- Stomach pain

## What to do if your visitor gets symptoms

1. Call 911 or the health department (your visitor should have a phone number) **Immediately**. It is important to get medical care right away if they have Ebola. Do not go to a local health clinic or doctor's office.
2. Tell 911 that the person recently traveled to West Africa and is now sick. This will help the health care workers to best deal with the situation.
3. Keep the person away from others in the home.

## What to do about body fluids in the home

- The sick person may soil clothing, bedding, or surfaces in the home with vomit, diarrhea, or blood.
- Do not attempt to clean up any body fluids. Professional clean up can be arranged after the person gets into medical care.

**FACT:** People who have recently arrived from West Africa, and have no symptoms of Ebola, do not put others at risk.

## Other things to know:

- Guests should not share a bed with your other household members.
- Bathrooms may be shared with your guest.
- Dishes and eating utensils can be washed in a dishwasher. If you don't have a dishwasher, you can wash them by hand with dish soap and water. Let them air dry.
- Laundry equipment can be shared as long as the person doesn't have symptoms. If the person has symptoms and soils their clothing or bedding, professional cleaning services can be arranged.

### For More Information

Centers for Disease Control and Prevention

[www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola)

New Jersey Department of Health

[www.state.nj.us/health/cd/vhf](http://www.state.nj.us/health/cd/vhf)