



COUNTY OF MONTEREY HEALTH DEPARTMENT

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Health Advisory

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Outbreak of Ebola Virus Disease in Uganda

Current Situation

The California Department of Public Health (CDPH), in collaboration with the U.S. Centers for Disease Control and Prevention (CDC), has been closely monitoring an outbreak of Ebola virus disease (EVD) due to Sudan virus (species *Sudan ebolavirus*) in Central Uganda. Beginning the week of October 10, 2022, the CDC and Department of Homeland Security began funneling air passengers traveling to the U.S. who have been in Uganda in the three weeks prior to travel to the U.S. through five pre-designated airports in the U.S. for EVD screening. Passengers traveling from Uganda who are asymptomatic continue on to their destinations. Local health departments are conducting risk assessments and monitoring returning travelers upon arrival at their destinations.

Person-to-person transmission of EVD occurs through direct contact with blood and other bodily fluids of a person who is sick with or died from EVD. EVD can also spread through direct contact with contaminated objects (like needles and syringes) or semen from a man who recently recovered from EVD. Signs and symptoms of EVD include fever, severe headache, muscle pain, weakness, fatigue, vomiting, diarrhea, stomach pain, and unexplained bleeding. The incubation period for EVD is up to 21 days from last exposure. Unlike Ebola Zaire, there are no FDA-licensed treatments or vaccines for Ebola Sudan. EVD is a disease with a high mortality rate; however, early supportive care increases the chances of recovery.

Recommendations

While there are no suspected, probable, or confirmed cases of EVD reported in the U.S. to date, the California Department of Public Health (CDPH) and Monterey County Health Department (MCHD) request that healthcare providers in hospitals, emergency departments, urgent care centers, and outpatient clinics prepare to identify and isolate suspected EVD cases by following recommendations outlined below:

Health Alert: Warrants immediate action or attention. **Health Advisory:** Provides information for a specific incident or situation; may not require immediate action. **Health Update:** Provides updated information regarding an incident or situation; unlikely to require immediate action.

- **Obtain a travel history** on all patients presenting with fever, vomiting, diarrhea, rash, and/or non-specific flu-like illness.
- **If there is a suspicion for EVD based on symptoms and travel within the last 21 days to Uganda, immediately notify the Monterey County Health Department's Communicable Disease Unit.**
 - Call 831-755-4521 during normal business hours.
 - Outside of normal business hours, call 831-755-5100 and ask for the Hazardous Materials Team. They will connect you with the on-call public health professional.
- **Isolate the patient** in a single room with a private bathroom and limited access, if possible. Keep a log of all individuals who enter the room. Utilize a negative pressure room for any aerosol generating procedures (AGPs). AGPs should be avoided unless critical for care.
- **Use personal protective equipment (PPE)** when caring for the patient.
 - Use at least standard, contact, and droplet precautions (gloves, surgical mask, eye protection, and fluid-resistant gown) while in the patient's room. Use of a respirator is recommended during AGPs.
- **Limit laboratory testing to essential tests.** Laboratories should contact the Health Department's Public Health Laboratory at 831-755-4516 for technical assistance, including how to arrange for EVD testing.
 - Healthcare providers should call the MCHD Communicable Disease Unit to report a suspected case before calling the laboratory to coordinate testing.

For Additional Information

- Monterey County Health Department's Communicable Disease Unit: normal business hours - 831-755-4521; after hours - 831-755-5100 and ask for the Hazardous Materials Team. They will transfer you to the on-call public health professional.
- Monterey County Public Health Laboratory: 831-755-4516.
- CDC EVD Website for Clinicians: <https://www.cdc.gov/vhf/ebola/clinicians/index.html>
- CDPH EVD Website for Healthcare Professionals: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/EbolaHealthProfessionals.aspx>

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