

Ebola Virus Contact and Traveler Monitoring Follow-up Protocol

The following guidance is to be used for 21-day temperature and symptom monitoring for persons who have been identified as contacts of an Ebola Virus Disease (EVD) case and for persons who have traveled to affected areas who have either high, some, or low (but not zero) exposure risks.

Why is it necessary to monitor temperature and symptoms?

Monitoring contacts and travelers for symptoms of EVD will ensure that should a contact or traveler become ill, he or she will be quickly isolated and transmission mitigated. Contacts of suspected or confirmed EVD cases should be monitored twice daily for symptoms of EVD for 21 days after the last date of known exposure. All travelers should be monitored twice daily for symptoms of EVD for 21 days after leaving the affected area. This is the longest interval between exposure to EVD and the development of symptoms.

FORM INSTRUCTIONS

Each day, record the contact's/traveler's temperature and any of the symptoms listed on the ***EVD Symptom Monitoring Log***:

- The date of the last known exposure to a potential case is considered day "0" and the date following the last known exposure is day "1". For travelers, day "0" is the last day in the affected area and day "1" is the date of travel to the US.
- Fill in the subsequent dates in the spaces under rest of the numbers.
 - For example, if the date of last known exposure is October 3, 2014 you would begin monitoring on October 4, 2014, and therefore you should write 10/4/2014 under the number "1", and 10/5/2014 under the number "2", and so on.
- Two symptom and temperature checks should be taken in a 24 hour period at least 6 hours apart. Fill in the time of symptom and temperature check for the respective date of follow-up.
- In the blank for each symptom, type "Y" (reported or observed symptom) or "N" (did not report or observe symptom). **Do not leave the space blank.**
- Note whether the contact/traveler is taking aspirin, Tylenol® (acetaminophen), or MOTRIN® (ibuprofen or Advil®).
- Symptoms (Y/N) and temperatures collected during twice daily monitoring calls should be entered on a daily basis into Maven using the contact/travel monitoring wizard.

MONITORING TYPE INSTRUCTIONS

Follow the instructions for the specified type of monitoring (active or direct active).

1) Active monitoring: telephone contact twice per day

- Call the contact/traveler at the pre-arranged time to assess for signs/symptoms of EVD¹. Ask the contact/traveler about their health (feverish, overall general health).
 - If the contact/traveler reports a fever² **call DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000)** as soon as possible.
 - If the contact/traveler does not report a fever² continue with the full symptom assessment.
 - If a **contact/traveler** reports one or more symptoms (not including fever), inquire about possible explanations for the symptom. For example, if the contact reports muscle aches but states aches

are typical of those they experience after exercising type “Y” and make any notes in the space provided on the form. If no reasonable alternative is provided for the reported symptom, call **DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000)** as soon as possible to discuss need for formal medical evaluation and EVD testing.

- If the **contact/traveler** exhibits symptoms indicative of EVD, the contact is now classified as a “Person Under Investigation”.
- Inability to reach active monitoring contact/traveler:
 - For both daily monitoring calls, three attempts shall be made to reach the contact/traveler at their primary and secondary telephone numbers.
 - If the contact does not respond via telephone to one of the daily calls, contact the **DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000)** to discuss the need for an in-person visit and/or law enforcement welfare check.

2) Direct active monitoring: In-person contact once per day and telephone contact once per day.

- Schedule an in-person visit with the contact/traveler at a pre-arranged time each day to obtain visual confirmation of temperature readings and to assess for symptoms of EVD¹.
 - Physical contact with the person under monitoring should be avoided. Entering the home is not required. Temperature/symptom assessments can be conducted at the doorway.
 - Temperatures can be taken by the individual being monitored and the temperature reading can be done from a distance of 3 feet from the contact/traveler.
 - A call to the contact/traveler shortly before arrival at the home is suggested to assure the individual is home and is well.
- The second daily monitoring check can be conducted either in-person or via phone.
- Ask the contact/traveler about their health (feverish, overall general health).
 - If the contact/traveler reports a fever² call **DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000)** as soon as possible.
 - If the contact/traveler does not report a fever² continue with the full symptom assessment.
 - If a **contact/traveler** reports one or more symptoms (not including fever), inquire about possible explanations for the symptom. For example, if the contact reports muscle aches but states aches are typical of those they experience after exercising type “Y” and make any notes in the space provided on the form. If no reasonable alternative is provided for the reported symptom, call **DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000)** as soon as possible to discuss need for formal medical evaluation and EVD testing.
 - If the **contact/traveler** exhibits symptoms indicative of EVD, the contact is now classified as a “Person Under Investigation”.
- Inability to reach direct active monitoring contact/traveler:
 - If the contact/traveler is not home at the time of a pre-scheduled home visit attempt to contact the individual at all available phone numbers to schedule an alternate time that day for an in-person visit.

Ebola Contact Monitoring Protocol DRAFT 10/28/2014

- For daily monitoring calls, three attempts shall be made to reach the contact/traveler at their primary and secondary telephone numbers.
- If the contact/traveler is not available for an in-person visit or does not respond via telephone to a daily call, contact the **DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000)** to discuss the need for a law enforcement welfare check and/or other action.

¹ Symptoms of EVD include fever $\geq 100.4^{\circ}$, severe headache, muscle pain, weakness/fatigue, diarrhea, vomiting, abdominal (stomach) pain, unexplained hemorrhage or bruising

² The temperature threshold for requiring medical evaluation is $\geq 100.4^{\circ}\text{F}/38^{\circ}\text{C}$. However, medical evaluation may be recommended for lower measured temperatures or subjective fever based upon exposure level and clinical presentation.