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 first date outside of the affected area(s).
- 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 monitoring would begin 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 into Maven on a daily basis on weekdays using the contact/travel monitoring wizard. Weekend monitoring results can be entered into Maven on Mondays.
- DPH staff will monitor temperature/symptom logs entered in Maven and work with LHDs to assure completeness and timeliness of entries. LHDs will be contacted if more than 48 hours pass without an entry.

MONITORING TYPE INSTRUCTIONS

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

1) Active monitoring: Telephone contact twice per day

- An initial home visit by LHD staff within 24-hours of notification by DPH of the traveler's arrival is strongly encouraged/recommended. At this visit, LHD staff should instruct/observe proper use of the thermometer by the traveler and explain the applicable monitoring and movement restrictions.
- Call the contact/traveler twice daily at pre-arranged times to assess for signs/symptoms of EVD[1]. Ask the contact/traveler about their health (feverish, overall general health). E-mail and/or texting can be used in lieu of phone calls if the traveler demonstrates consistent reporting at pre-arranged times via one of these methods.

- If the contact/traveler reports a fever[2] **call DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000, Ebola direct line 860-893-3399)** as soon as possible.
- If the contact/traveler does not report a fever[2] 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, Ebola direct line 860-893-3399)** 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, Ebola direct line 860-893-3399)** 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.

- An initial home visit by LHD staff should occur within 24-hours of notification by DPH of the traveler's arrival. At this visit, LHD staff should instruct the traveler on proper use of the thermometer and of the applicable monitoring and movement restrictions.
- Schedule subsequent in-person visits with the contact/traveler at a pre-arranged times each day to obtain visual confirmation of temperature readings and to assess for symptoms of EVD[1]. The acceptability of using secure video conferencing methods (see Appendix 1) in lieu of in-person visits will be determined on a case-by-case basis in consultation with DPH.
  - 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. The acceptability of video conferencing (see Appendix 1), texting, and/or e-mail will be determined on a case-by-case basis in consultation with DPH.
- Ask the contact/traveler about their health (feverish, overall general health).
  - If the contact/traveler reports a fever[2] **call DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000, Ebola direct line 860-893-3399)** as soon as possible.
  - If the contact/traveler does not report a fever[2] 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, Ebola direct line 860-893-3399)** 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.
  - 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, Ebola direct line 860-893-3399)** to discuss the need for a law enforcement welfare check and/or other action.

DPH NOTIFICATIONS

- In addition to situations described above, contact the DPH Epi Program (days: 860-509-7994, evenings: 860-509-8000, Ebola line 860-893-3399) if any of the following occur:
  - Any new or updated information on travelers being monitored including changes to information collected on initial interview including details of the traveler's dates and/or activities in the affected area.
  - The traveler indicates plans to travel to another state and remain overnight OR of plans to travel out of the U.S. during the monitoring period.
    - Obtain date(s) of intended travel, mode of transportation, and address in intended destination.
  - The traveler indicates a change in previously reported dates and/or locations of intended travel out of state or country.
- DPH will send both US and International travel notifications to recipient locations that include: dates of travel, mode of travel, destinations (including local address), and status of active monitoring.

[1] Symptoms of EVD include fever ≥ 100.4°, severe headache, muscle pain, weakness/fatigue, diarrhea, vomiting, abdominal (stomach) pain, unexplained hemorrhage or bruising

[2] The temperature threshold for requiring medical evaluation is ≥ 100.4°F/38°C. However, medical evaluation may be recommended for lower measured temperatures or subjective fever based upon exposure level and clinical presentation.

APPENDIX 1

Protocol for Using Video Teleconferencing for Direct Active Monitoring of Contacts and Travelers ~ Ebola Virus Disease

Background

In Connecticut, **active monitoring** consists of telephone contact twice daily at pre-arranged times to assess for signs/symptoms of Ebola Virus Disease (EVD). **Direct active monitoring** requires in-person contact once per day and telephone contact once per day to obtain at least one visual confirmation of temperature readings and to assess for symptoms of EVD. An initial home visit by local health department (LHD) staff typically occurs within 24-hours of notification by DPH of the traveler's arrival. For contacts or travelers requiring direct active monitoring, subsequent in-person visits can be scheduled with the contact/traveler at pre-arranged times each day. The acceptability of using secure video conferencing methods in lieu of in-person visits can be determined on a case-by-case basis in consultation with DPH.

In-person direct active monitoring can be time-consuming and costly, especially in rural communities where a LHD worker may have to travel a significant distance for home visits. It may also be inconvenient for contacts/travelers that need to be accessible to the LHD worker during daily visual temperature and symptom checks. Video technology that is secure (HIPPA compliant) provides an innovative and effective means to verify contacts'/travelers' thermometer readings. .

Video Teleconferencing tools for use in Connecticut

The following protocol describes a video conferencing tool, Vsee that is approved for use in Connecticut for EVD direct active monitoring of contacts and travelers. LHD staff can observe contacts/travelers taking their temperatures remotely via a smartphone, tablet, or computer. Also approved for use is FaceTime, an application available on Apple devices (iPhone, iPad, iPod Touch or Mac computers). FaceTime comes preloaded on these devices and requires that both the LHD and contact/traveler being directly monitored have compatible devices. Instructions for using FaceTime can be found at: https://www.apple.com/ios/facetime/.

VSee Video Teleconference Instructions

Below you will find help to you get started with the Video Conference Software setup on your home PC or Laptop. If you are using a desktop computer, a web Camera will need to be utilized in order to conduct a video call. If you are using a laptop, the internal web camera will be sufficient to conduct the video call. If you do not have an internal web camera, one will need to be purchased.

FREE VSEE DOWNLOAD, INSTALL, AND REGISTRATION INSTRUCTIONS

1. Click on the link below to start the process in downloading the Free VSee software
    a. http://www.vsee.com
2. Enter the following required information to register
    a. Enter a valid E-mail Address b. Click Free Sign up
3. A pop up will appear informing you that you will receive an e-mail to the e-mail address you provided
4. At this time you will receive an e-mail with the link to Complete Signup.
    a. Enter First Name
    b. Enter Last Name
    c. Enter a Password
    d. Click Next
    e. Invite at least one person to join you on VSee
    f. Enter at least one e-mail address you would like to Video Conference with and click next
    g. You will see a pop-up on the bottom of your screen with Run, Save, or Cancel
    h. Click Run to install VSee
5. The VSee window will appear on your screen
    a. Enter the Email and Password you used to register for VSee
    b. Click Login
6. Setup Your Video and Audio
    a. At this point you will be asked to Plug in your USB webcam if you are using a Desktop and continue setup.
    b. Test Video
    c. Test Audio through external or internal desktop speaker
    d. Test Microphone
    e. Click Done
    f. Quick Startup Guide will Appear, click Done
    g. If you are using a Laptop and have an internal Webcam you will perform the same steps as above

See below to get started with the Video Conference Software setup on your smart device. If you are using an IPad, IPhone or Android device it will need a camera in order to conduct video calls.

IPAD AND IPHONE USERS

- Go to the App Store, download and install VSee App.
- If you already registered for VSee, open the VSee App and login with the e-mail/password you created previously.
- If you have not registered for VSee yet, register on your iPhone/iPad using your Safari browser with the Instructions above.

ANDROID USERS INCLUDING ANDROID TABLETS

- Go to the Google Play Store, download and install VSee App.
- If you already registered for VSee, open the VSee App and login with the e-mail/password you created previously.
- If you have not registered for VSee yet, register on your Android device using your respective browser with the Instructions above.