

Active Monitoring of Travelers and Health Care Workers Whose Travel Originates in Liberia, Sierra Leone or Guinea

Department of Health and Mental Hygiene
State of Maryland
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Background

- Infection requires contact with bodily fluids of someone who is ill with Ebola.
- A person without symptoms does not transmit Ebola.
- There is potential risk for 21 days after last possible exposure.

Process

- Consultation with local clinicians and infectious disease experts
- Consultation with the National Institutes of Health and the Centers for Disease Control and Prevention

Key Considerations

- Health care workers from Maryland who travel to West Africa to fight the Ebola outbreak are bravely putting their own health at risk to protect the lives of others.
- The nations facing the Ebola outbreak need help, and the risk to Maryland will only be fully addressed when the current outbreak in West Africa is over.
- We have the same interest as the travelers -- early identification and treatment to help them and protect the community.
- Maryland has experience with disease surveillance and active monitoring.

Information flow

CDC will log all travelers into Epi-X, a national computer network. Maryland will access Epi-X to identify and monitor travelers living in Maryland.

Plan for Active Monitoring

- High risk: those with known exposure to Ebola-containing bodily fluids without protection
- Some risk: those with known exposure to Ebola-containing bodily fluids with protection
- Low but not zero risk: other travelers from affected countries

High Risk

- Stay at home
- Temperature is taken four times a day
- Report all symptoms
- Daily contact with health officials, including in-person assessment
- Signed agreement
- Option for public health order

Some Risk

- Activity restrictions: no public transportation, no large gatherings
- Consult public health on all travel
- Temperature is taken four times a day
- Daily contact with health officials, including in-person assessment
- Sign agreement on restrictions
- Option for public health order

Low but not Zero Risk

- Twice daily, temperature is taken
- Daily contact with public health officials
- Option for public health order

If Someone Develops Symptoms

- Public health will notify the emergency medical services system so that the ambulance is prepared.
- Public health will notify the Emergency Department, so staff are prepared.

Key Point

We may change this policy based on new information and analysis, and new recommendations, about the Ebola virus. We will do what it takes in order to protect Marylanders and to help the world defeat this outbreak.

Acknowledgments

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