FEDERAL MINISTRY OF HEALTH

NIGERIA CENTRE FOR DISEASE CONTROL AND PREVENTION

Ebola Care-kit

ANNEX:NCDC CARE KIT

21 Days

You are receiving this CARE kit containing symptoms diary chart because you are arriving from a country with an ongoing transmission of Ebola. Follow the steps below to check and record your health.

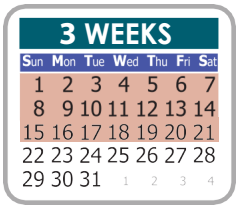
STEP 1 Do health checks every morning and every night

- Take your temperature twice daily

- In addition to fever, be alert for any other symptoms of EVD, including fatigue, muscle pain, headache, sore throat, vomiting, diarrhoea, bleeding and any other symptom
- Write your temperature and any symptoms in the log included in this booklet
- Surveillance team will follow up with you daily for 21 days on your temperature and symptom status

STEP 2 If you have fever (fever is 99.5°F/37.5°C or higher), fatigue, muscles pain, headache, sore throat, vomiting, diarrhoea, bleeding or any other symptom:

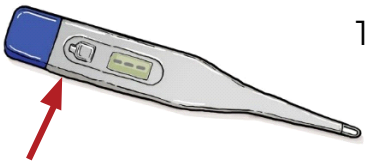
1. Do not go out in public.
2. Call the NCDC toll free line 6232 listed for your health department in this booklet. Remind them that you are self-monitoring.
3. Tell them about your recent travel, your symptoms, and guidance received from the point of entry
4. Avoid contact with others
5. Do not panic!



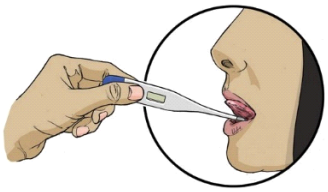
Call the State hotline where you live or NCDC connect centre (call NCDC on the toll-free line 6232 Or send a text message to 08099555577) for information on your nearest Sample Collection Site

EVD Care Kit

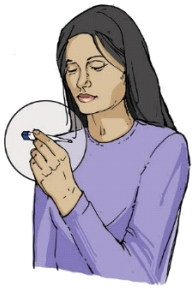
HOW TO CHECK YOUR TEMPERATURE



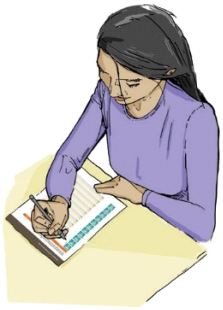
1. Turn the thermometer on by pressing the button near the screen.



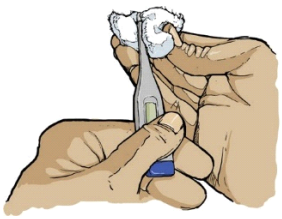
2. Clean and hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.



3. Read your temperature on the screen. If your temperature is 99.5°F/37.5°C or higher, you have a fever.



4. Write your temperature in the 21-Day Symptom and Temperature Log in this booklet.



5. Clean your thermometer with soap and water and dry it well.

Monitor your temperature

Monitor your temperature two times a day (morning and night), write down your temperature and any symptoms you may have e.g. feeling feverish, difficulty in breathing, loss of appetite, aching muscles and joints, etc. Do this every day for 21 days after arriving in Nigeria.

1. Fill in the dates on the log, starting with Day 1 and ending on day 21.
2. Start recording your temperature and symptoms, beginning with today's date

Fever is 37.5°C or higher.

3. If you get sick, contact your NCDC toll free line 6232
4. Write your symptoms and temperature in the space below every day for 21 days

Do not panic! Remember that not all cases of Ebola die. Early detection and treatment increase the chances of survival.

EVD Care Kit

TEMPERATURE CHART

FOLLOW UP DAY	WEEK DAY (Sun-Sat)	DATE	TIME	TEMPERATURE
DAY One			AM	
			PM	
DAY Two			AM	
			PM	
DAY Three			AM	
			PM	
DAY Four			AM	
			PM	
DAY Five			AM	
			PM	
DAY Six			AM	
			PM	
DAY Seven			AM	
			PM	
DAY Eight			AM	
			PM	
DAY Nine			AM	
			PM	
DAY Ten			AM	
			PM	
DAY Eleven			AM	
			PM	
DAY Twelve			AM	
			PM	
DAY Thirteen			AM	
			PM	
DAY Fourteen			AM	
			PM	
DAY Fifteen			AM	
			PM	
DAY Sixteen			AM	
			PM	
DAY Seventeen			AM	
			PM	
DAY Eighteen			AM	
			PM	
DAY Nineteen			AM	
			PM	
DAY Twenty			AM	
			PM	
DAY Twenty-one			AM	
			PM	

Daily Symptoms Diary

1.	**POI/Contact Name:**							
2.	**Location/residential address:**							
3.	**Phone number:**							
4.	**Next of kin contact:**							
5.	**Phone number of next of kin:**							
	Daily Monitoring of Symptoms & Signs							
Day		**Symptoms***						
	No symptoms (check if none experienced)	**Fever (≥37.5^{0}C)**	**Sore throat**	**Fatigue**	**Headache**	**Vomiting**	**Bleeding**	**Other symptoms: specify**
0	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
1	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
2	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
3	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
4	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
5	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
6	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
7	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
8	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
9	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
10	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
11	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
12	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
13	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
14	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
15	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
16	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
17	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
18	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
19	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
20	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	
21	□ None	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	□ Yes □ No	