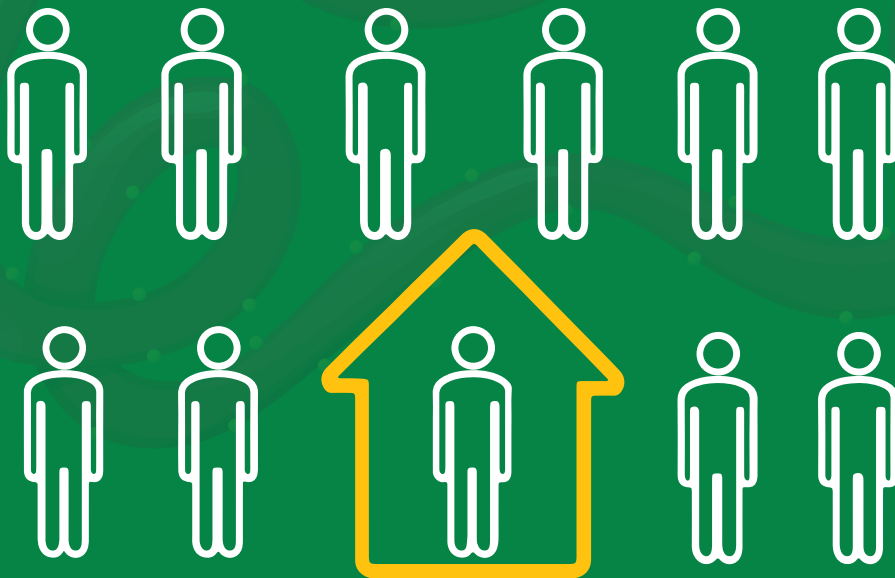




FEDERAL MINISTRY OF HEALTH



Guidelines for Ebola Virus Disease Self-isolation



Guidelines for EVD self-isolation

What does self-quarantine mean?

Self-quarantine means strictly staying at home or in an identified accommodation, away from situations where you mix with family members or the general public, for a defined period usually up to 21 days. This also means avoiding any situation where you may come in physical contact with other people.

Who should Self-quarantine?

- All returning travellers from Uganda to Nigeria
- Anyone who has been in contact with a confirmed case of Ebola
- Ebola patients for 21 days after discharge from the hospital

What are the symptoms of Ebola ?

Just like other types of Ebola virus, people infected do not usually spread the disease until the development of symptoms.

Symptoms may appear anywhere from 2 to 21 days after exposure to the virus, but the average is 8 to 10 days.

Symptoms include;

- Fever (Temp $\geq 37.5^{\circ}\text{C}$)
- Shivering /shaking (chills)
- Fatigue
- Muscle pain
- Headache
- Sore throat

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- Vomiting
- Diarrhoea
- Rash
- Impaired kidney and liver function
- Internal and external bleeding.

What Should I do to prevent getting Ebola?

To prevent the spread of Ebola, NCDC advises members of the public to adhere to the following precautions:

- Wash your hands frequently using soap and water – use hand sanitisers when soap and water are not readily available
- Avoid physical contact with anyone who has symptoms of a disease with an unknown diagnosis
- Health care workers are advised to ensure universal precautions at all times. This includes the use of personal protective equipment always when handling patients.

Intending Travelers to Nigeria

At the time of boarding, all travellers will undergo thermal screening for fever and questioned for symptoms of Ebola.

On Arrival

- Go through the routine Port Health screening
- Go through the orientation of the 21 days follow up
- Passengers will proceed on a 21-day self-quarantine, during which time they are to minimize and monitor physical interaction with friends, family, colleagues, and other members of the public
- Travelers reporting or developing symptoms of EVD on

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arrival or during screening will not be allowed to self-quarantine and will be placed in institutional quarantine with samples taken and tested for Ebola.

- Passengers will be monitored by Public Health Officers during the period of self – isolation/quarantine. For this reason, passengers will be required to provide a functioning telephone number on their online registration forms.
- During the 21-day period of self-isolation/quarantine, passengers will receive daily calls from a state/NCDC designated number to monitor for symptoms.
- During self-isolation/quarantine, passengers should use the care kit provided in the annex of this document and monitor their symptoms.
- However, if during self-isolation you develop known symptoms of EVD before you receive a call from the designated number above, you may call NCDC on the toll-free line 6232 Or send a text message to 08099555577 to report your symptoms and arrangements will be made by the state authorities to test for Ebola. If POSITIVE, passenger will be managed based on National Guidelines for Ebola management.

Exit from Self-Quarantine

Persons who had no symptom of Ebola after 21 days of self isolation/quarantine will be allowed to exit self-isolation.

What should I do to keep my spirit up while in self-isolation?

Your emotional and mental health is important. Sometimes one could feel stressed or lonely when under self-isolation:

- Talk to other members of the family about the Ebola, understanding this disease will reduce anxiety
- Reassure your young children using age-appropriate language
- Think about how you have coped with other difficult situations in the past and reassure yourself.
- Keep in touch with family members, friends, social and religious networks via telephone, emails or social media
- Stock plenty of materials to keep your mind occupied such as books, movies etc.
- Ensure you have a television, cable and internet connectivity in your room (this is optional)
- Exercise regularly in your room
- Ensure that you drink at least 8 glasses of water every day to keep hydrated
- Eat all your meals in a timely manner
- Ensure you take adequate rest

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If during your 21-day self-isolation/quarantine, you develop symptoms of Ebola such as:

- Fever (Temp $\geq 37.5^{\circ}\text{C}$)
- Shivering /shaking (chills)
- Fatigue
- Muscle pain
- Headache
- Sore throat
- Vomiting
- Diarrhoea
- Rash
- Yellow eyes
- Not making enough urine
- Bleeding from any part of the body

Avoid self-medication, rather contact NCDC Connect Centre immediately.
Contact: NCDC Toll-Free Number: 6232 SMS: 08099555577, WhatsApp: 07087110839 Twitter/Facebook: @NCD CGOV Email: info@ncdc.gov.ng

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ANNEX: NCDC CARE KIT



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 to any other symptoms of Ebola, such as, headaches, body weakness, loss appetite, history of fever (Temp $\geq 37.5^{\circ}\text{C}$), Aching muscles, Abdominal pain, difficulty swallowing etc.
- Write your temperature and any symptoms in the log included in this booklet
- Surveillance team will follow up during the 21-day self-isolation period through automated daily calls at a specified time from an NCDC designated number (08031230515) which will assess risk of exposure and will make follow up calls to you if you report symptoms

STEP 2 If you have fever (fever is 37.5°C or higher), or trouble breathing:

If you have any of the main symptoms of Ebola: call your state hotline or NCDC toll free line 6232 to get a test as soon as possible. Stay at home and do not receive visitors until you get your test result.

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

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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.

