Government of the District of Columbia
Department of Health

Division of Epidemiology-Disease Surveillance & Investigation
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Guidelines for Travelers Returning from Countries with Widespread Ebola Transmission

The District of Columbia Department of Health (DOH) currently conducts active monitoring of all travelers returning from countries with widespread Ebola virus disease (EVD) transmission* who travel to the District. These countries currently include **Sierra Leone** and **Guinea**. Active monitoring activities include a temperature check and determining if the traveler has symptoms twice per day. Returned travelers must complete an initial interview upon entering the country and are monitored for the **21 days** following their date of departure from these countries. The DOH will be actively contacting these travelers based on information obtained during their screening upon entering the country; however, returned travelers may also contact us to initiate this process by calling **1-844-493-2652** or sending an email to doh.epi@dc.gov.

*Countries with widespread EVD transmission may change as this information is based on the most up-to-date information from the Centers for Disease Control and Prevention (CDC)

Movement/Work Restrictions

The following groups **do not** have any movement/work restrictions:

- Persons who traveled to Sierra Leone or Guinea **more than** 21 days ago
- Persons who have traveled to countries that do not have widespread EVD transmission (i.e. countries other than Sierra Leone, or Guinea)

Anyone who has traveled to a country with widespread EVD transmission* **during the past 21 days** and was involved in the care or treatment of persons with EVD (e.g. health care provider, aid worker) should restrict their movement/work as follows:

- Voluntarily isolate themselves at home for the 21 day monitoring period
- Not have any patient care or patient contact
- Avoid public transportation
- Avoid mass gatherings, including but not limited to movies theaters, religious events, sports events, and lectures
- Avoid unnecessary visits to supermarkets, pharmacies, and other businesses
- Not travel long distances except with the approval of the District of Columbia DOH
- Maintain a log of home visitors and residents
- Maintain a log for each time they leave home, including the locations visited and persons with whom they had contact
- Take other steps in consultation with the District of Columbia DOH

For all other persons who traveled to a country with widespread EVD transmission **during the past 21 days**, the determination on movement/work restrictions will be made by the DOH based on the interview and other appropriate considerations.

Monitoring Your Health

If you have recently traveled from a country with widespread EVD transmission and you have:

- A temperature of 100.4°F (38°C) or higher **OR**
- Symptoms such as
  - malaise (a general feeling of bodily discomfort or feelings badly)
  - severe headache
  - muscle pain
  - vomiting
  - diarrhea
  - stomach pain
  - unexplained bleeding or bruising

Call **1-844-493-2652** and tell the operator you have recently traveled from an Ebola-affected country