

ADVISORY: Travelers and Ebola-affected Areas

November 4, 2014

Peterborough County-City
HEALTH UNIT
...because health matters!

To Post-Secondary Institutions in Peterborough City and County:

Please provide this memo to all students and staff who are planning to visit or who will be returning from areas affected by Ebola virus disease. For the most up to date information on these countries visit:

www.ontario.ca/ebola.

Travelers who have returned from the countries affected should self-monitor. Self-monitoring involves checking their temperature twice daily for a fever (a temperature of 38°C or greater) and watching for other symptoms associated with Ebola virus disease (see below). Individuals should self-monitor for 21 days after leaving an affected country/area. Information regarding self-monitoring, and a form to record temperature, is available at [Advice for Returning Travellers from Countries/Areas Affected by Ebola Virus Disease and Temperature Recording Form](#) which is on the Public Health Ontario website (www.publichealthontario.ca/ebola).

The Ebola virus is spread only through direct contact with the body fluids of someone who is sick with Ebola virus disease; people who do not have symptoms cannot infect others. Ebola is not spread through the air nor through food or water. The typical symptoms of Ebola virus disease include fever, headache, sore muscles, severe tiredness, sore throat, diarrhea, vomiting and stomach pain. Later on red eyes, bruising, or a rash may develop. Symptoms occur 2 to 21 days after exposure, most commonly 8 to 10 days after exposure.

There are currently no cases of Ebola virus disease in Canada and the risk to Canadians is very low.

The Peterborough County-City Health Unit Travel Clinic is open Tuesday to Thursday by appointment (705)748-2021. A price list for clinic services can be found on our website at www.pcchu.ca/travel.

If you have any questions, please call Infectious Disease Program Nurses at (705)743-1000.

Dr. Rosana Pellizzari, MD, MSc, CCFP, FRCPC
Medical Officer of Health

www.pcchu.ca