



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

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To: North Carolina Clinicians
From: Zack Moore, MD, MPH, State Epidemiologist
Subject: Ebola Virus Disease Update
Date: May 31, 2018

Background

On May 8, 2018, the Ministry of Health of the Democratic Republic of the Congo declared an outbreak of Ebola virus disease (EVD). As of 29 May 2018, 53 EVD cases including 25 deaths, have been reported from Equateur Province in the northwestern part of the country. The Centers for Disease Control and Prevention (CDC) states the risk of spread to other countries in the region is high due to their close proximity to the outbreak area and significant traffic across country borders. However, the WHO has noted several factors that may help control spread of the outbreak including enhanced surveillance and testing and investigational vaccine use.

CDC Recommendations

The risk of acquiring EVD for most travelers to the DRC is low. Travelers to DRC should adhere to these recommendations: 1) Avoid contact with other people's blood or body fluids, 2) Do not handle items that may have come in contact with a person's blood or body fluids, 3) Avoid contact with wild animals or raw bush meat, and 4) Avoid funeral or burial rituals that require contact with a dead body.

The CDC advises healthcare providers in the United States to continue to obtain a travel history from all patients seeking care. Providers should promptly isolate patients that have symptoms compatible with EVD and a recent (within 21 days) history of travel to the [affected areas in the Equateur Province of DRC](#), pending diagnostic testing. Providers should also consider other infectious disease risks that are much more common in returning travelers, including malaria.

If any of your patients meet these criteria please call the Communicable Disease branch for assistance at 919-733-3419. For additional information see: <https://www.cdc.gov/vhf/ebola/index.html>.

Screening for International Travel

A thorough travel history is essential to identify potential exposures to diseases of concern globally and to direct appropriate laboratory and diagnostic testing. The importance of obtaining a travel history has been reaffirmed by recent and ongoing travel-associated outbreaks of Zika and Chikungunya viruses and other emerging infections.

cc: Dr. Jean Marie Maillard, Director, Medical Consultation Unit
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