

English
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EARTH
INSTITUTE



Community Surveillance of Ebola **Job Aids & Counseling Cards**

THE EARTH INSTITUTE
COLUMBIA UNIVERSITY



Community Surveillance of Ebola Job Aids & Counseling Cards

CONTACT TRACING

DANGER SIGNS

COUNSELING CARDS

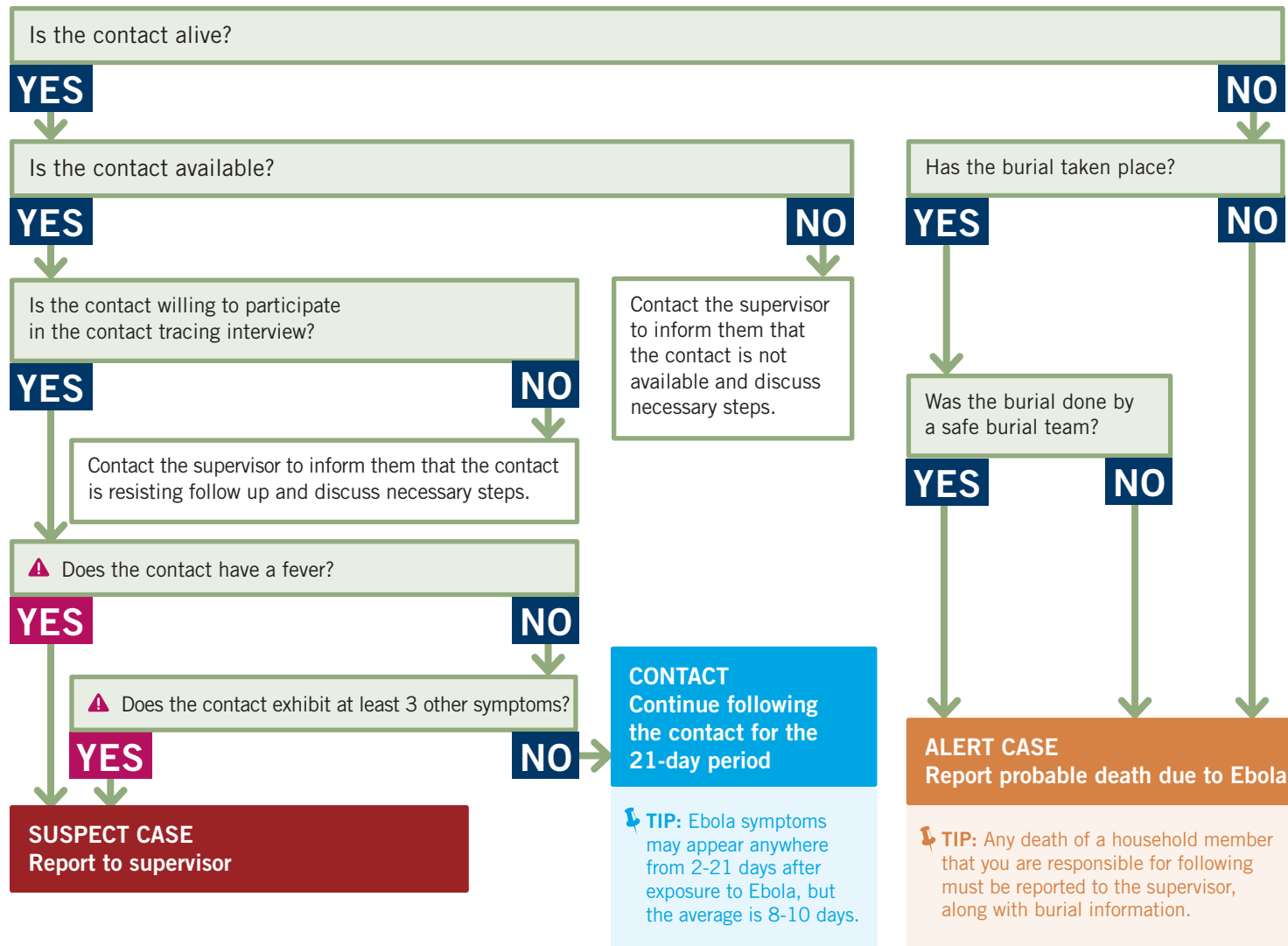
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Decision Tree for Contact Tracing

DECISION TREE



- ▲ SIGNS AND SYMPTOMS OF EBOLA**
- Fever**, or 3 or more of the following symptoms:
- Headache
 - General pain
 - Loss of appetite
 - Nausea and/or Vomiting
 - Diarrhea
 - Intense weakness
 - Stomach ache
 - Sore throat
 - Difficulty breathing
 - Hiccups
 - Bleeding gums
 - Blood in the eyes
 - Bruising (bleeding under the skin)
 - Bloody stool
 - Bloody vomiting
 - Bloody nose

CONTACT
Continue following the contact for the 21-day period

TIP: Ebola symptoms may appear anywhere from 2-21 days after exposure to Ebola, but the average is 8-10 days.

ALERT CASE
Report probable death due to Ebola

TIP: Any death of a household member that you are responsible for following must be reported to the supervisor, along with burial information.



Decision Tree for Contact Tracing

CASE TYPES

Suspect Case

A contact with fever and/or at least 3 other Ebola symptoms is a suspect case. If a contact you are following is a suspect case:

- Contact your supervisor.
- Once the supervisor confirms the case is suspected of Ebola, the contact will be transferred and isolated for testing.
- Tell the contact and the household about:
 - EBOLA SIGNS AND SYMPTOMS
 - PREVENTING EBOLA TRANSMISSION
 - WHAT TO EXPECT AT THE TREATMENT CENTER
 - REINTEGRATION AND COMBATting STIGMA

TIP: Stop visiting this contact and ensure transfer to a health facility.

Contact

A contact who does not have fever and has less than 3 other Ebola symptoms remains a contact requiring follow up. For the contacts you are following:

- Visit the contact every day for 21 days.
- During each of these visits, ask the contact how they are feeling.
- If the contact develops symptoms, follow the steps for “Suspect Case.”
- Tell the contact and the household about:
 - EBOLA SIGNS AND SYMPTOMS
 - PREVENTING EBOLA TRANSMISSION
 - UNDERSTANDING CONTACT TRACING
 - WHAT TO DO IF YOU OR SOMEONE YOU KNOW HAS EBOLA

TIP: After 21 days, inform the contact that they are not at risk for Ebola. Spend time with neighbors and relatives to confirm that the contact no longer risks spreading the disease.

Alert Case

An alert case is someone who has likely died of Ebola. If a household member you are responsible for following has died:

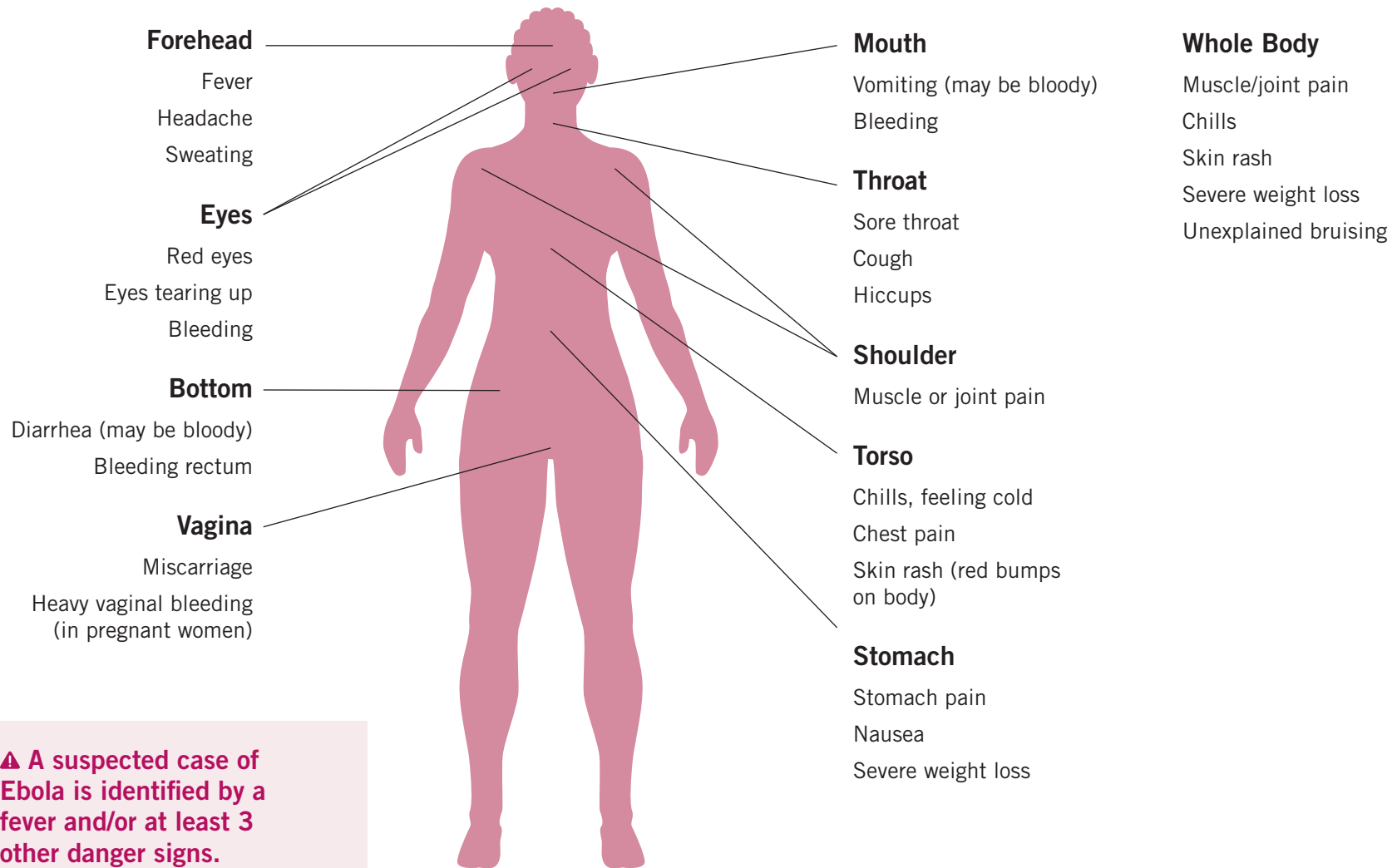
- Report the death to your supervisor immediately.
- If the deceased has not been buried, a safe burial team will need to do the burial.
- Tell the household about:
 - PREVENTING EBOLA TRANSMISSION
 - SAFE CULTURAL PRACTICES

TIP: Remind the household members that unprotected contact with the deceased's body or clothing is unsafe.

END

Ebola Danger Signs

AREAS OF THE BODY TO ASSESS (Look or Ask. DO NOT TOUCH!)



▲ A suspected case of Ebola is identified by a fever and/or at least 3 other danger signs.



Ebola Danger Signs

DANGER SIGNS

▲ Who is at risk for Ebola?

Danger Sign	Indications
Contact with someone who was confirmed to have Ebola (dead or alive)	<p>Ask: Have you had direct physical contact with someone confirmed to have Ebola?</p> <p>Ask: Have you touched the body fluids of someone confirmed to have Ebola?</p> <p>Ask: Have you had direct physical contact with the body of someone confirmed to have Ebola?</p> <p>Ask: Have you touched or shared the linens, clothes or dishes of someone confirmed to have Ebola?</p> <p>Ask: Have you slept, ate, or spent time in the same household, room or location as someone confirmed to have Ebola?</p>

▲ ▲ ▲ Signs and symptoms of Ebola (Contact a health professional immediately)

Danger Sign	Indications	Tips
Fever	Ask: "Do you have a fever?"	If a thermoflash is available take the Ebola contact's temperature and record it in your notes.
Severe headache	Ask: "Do you have a severe headache?"	
Joint and muscle pain	Ask: "Do you feel pain in your joints or muscles?"	
Sore throat	Ask: "Do you have a sore throat?"	
Chills (feeling cold)	Ask: "Do you have chills from feeling cold?"	
Nausea and vomiting (may be bloody)	<p>Ask: "Have you felt like vomiting?"</p> <p>Ask: "Have you vomited?"</p> <p>Look: Observe clothing and sheets for signs of vomit.</p>	
Diarrhea (may be bloody)	<p>Ask: "Have you experienced diarrhea?"</p> <p>Ask: "Has your stool been bloody?"</p>	



Ebola Danger Signs

DANGER SIGNS

⚠ ⚠ ⚠ Signs and symptoms of Ebola (Contact a health professional immediately)

Danger Sign	Indications
Red eyes tearing up	Ask: "Have your eyes been red or tearing up?" Look: Observe eyes for redness and tears.
Rash (red bumps on the body)	Ask: "Do you have red bumps or spots on your skin?" Look: Observe skin for red bumps or spots.
Chest pain	Ask: "Have you experienced chest pain?"
Stomach pain	Ask: "Have you experienced stomach pain?"
Severe weight loss	Ask: "Have you experienced weight loss?" Look: Does the contact look like they have lost weight in a short period of time?
Hiccups	Ask: "Have you experienced hiccups?" Look: Observe contact for hiccups.
Bleeding from the nose, mouth, gums, rectum, eyes and ears	Ask: "Have you experienced bleeding from your eyes, ears, nose, mouth or rectum?" Look: Observe whether the contact is bleeding from his/her face and observe clothes and sheets for signs of blood.



Ebola Danger Signs

DANGER SIGNS

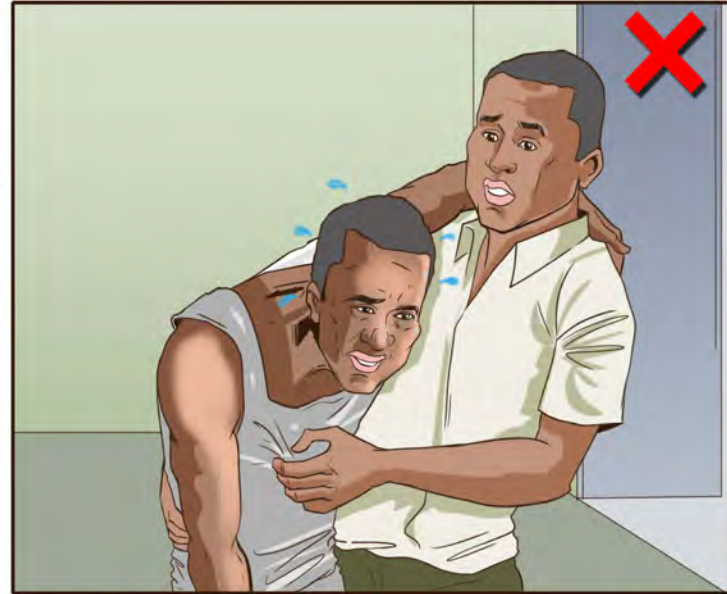
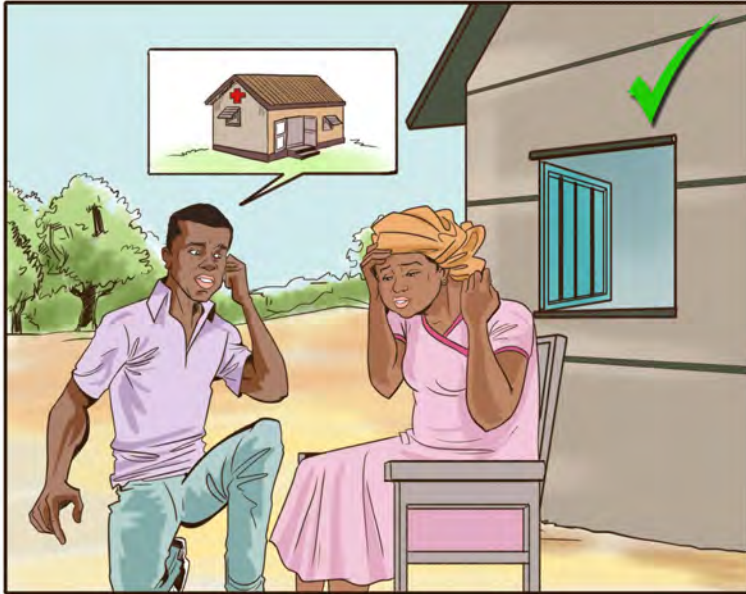
Signs and symptoms of Ebola for pregnant women (Contact a health professional immediately)

Danger Sign	Indications
Miscarriage	Ask: "Are you or were you recently pregnant?" If yes, ask: "Have you experienced a miscarriage recently?"
Heavy vaginal bleeding	Ask: "Are you or were you recently pregnant?" If yes, ask: "Have you experienced heavy vaginal bleeding?"

TIP: These are sensitive questions that the women you visit might not be comfortable answering. It is important to ask these questions as privately as possible. Assure the woman that the conversation is confidential and never force a woman who is uncomfortable to answer.

END

What to do if someone you know has Ebola symptoms



What to do if someone you know has Ebola symptoms

Alert a health worker

TIP: If you think you have symptoms of Ebola, seeking treatment as soon as possible will help your chances of getting healthy again. It will also help prevent giving the virus to another person.

- Call 115 or alert local health workers
- Seek treatment as soon possible

Protect yourself and others

- Keep a distance of about 1 meter between you and the person with symptoms
- Avoid touching the person's skin, clothing or sheets
- Do not touch their wounds, skin, food or bodily fluids—like vomit, saliva, blood, urine, stool, sperm, breast milk, or sweat
- If you accidentally touch the person, immediately wash your hands with soap and water
- Make sure the person is not physically close to others

Cooperate with health workers

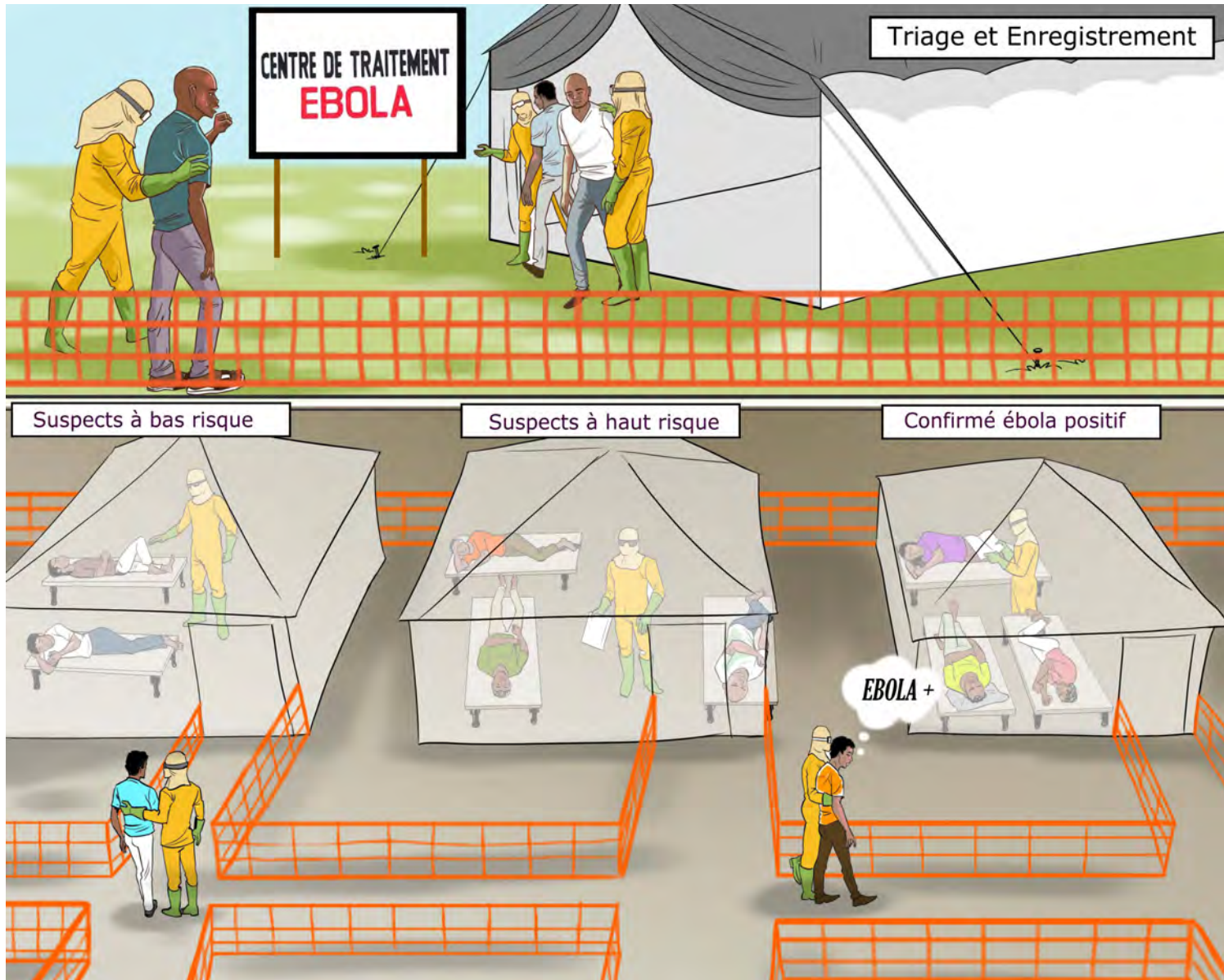
- Do not hide your symptoms from health professionals
- Alert a health worker if you have had contact with Ebola
- Follow directions from health workers. Contact tracing is done to protect you and your family
- Alert a health worker if you see community members hiding symptoms

Help the person without touching them

- Help the person drink clean water without touching them
- Use calming words to comfort the person. Do not blame or criticize

TIP: These steps should also be followed if someone with Ebola symptoms has died.

Arriving at a treatment center



Arriving at a treatment center

Why it is important to go to a treatment center

TIP: Be sure to remind your clients that treatment offered at the treatment centers is free.

- If you or someone you know has symptoms of Ebola, it is important to go to a treatment center so that you cannot give Ebola to someone else, and so you can get treated for Ebola quickly if necessary

What to expect when you arrive at a treatment center

TIP: If you arrive at the facility and have already been confirmed to have Ebola you will go directly to the Ebola ward so you can be cared for.

TIP: The visitor's area is protected by fences and is not near high risk areas so your family & friends will not be at risk of getting Ebola.

TIP: While you wait for your test results you will not be in the same room as patients who have already tested positive for Ebola.

- **Step 1: Entrance & Registration**
 - When you first enter a treatment center you will be greeted by a health worker in full protective clothing
 - The health worker will register you and check your symptoms to determine your risk level for Ebola
- **Step 2: Observation & Investigation**
 - If you are at **low risk for Ebola**, you will be placed in a room with other people who are **low risk**
 - If you are at **high risk for Ebola**, you will be placed in a room with other people who are **high risk**
- **Step 3: Testing for Ebola**

Whether you are at low OR high risk for Ebola

 - You will be tested for Ebola
 - It may take a few days for you to get your test results
 - There should be a shower and toilet available for you to use
 - You will be given food and water if you need it
 - There will be a visitor's area where family and friends can see and speak with you
 - If you bring your mobile phone with you, you can also call your family and friends
 - You will be cared for by health care workers if you are feeling sick
- **Step 4: Ebola Test Results**
 - If you test positive for Ebola, you will be moved to a separate area that includes only other people with Ebola, where the health workers will care for you
 - If you test negative for Ebola and you are no longer feeling sick, you will be allowed to go home. Once you return home, you may be visited by a contact tracer who will check to make sure you do not develop Ebola symptoms

What to expect inside a treatment center



What to expect inside a treatment center

Why it is important to go to a treatment center

- If you or someone you know has symptoms of Ebola, it is important to go to a treatment center so that you cannot give Ebola to someone else, and so you can get treated for Ebola quickly if necessary

When you enter a treatment center

TIP: If you arrive at the facility and have already been confirmed to have Ebola you will go directly to the Ebola ward.

- You will meet with a health worker wearing a lot of protective clothing. The health worker will place you with a group depending on whether you are at low risk or high risk for Ebola
- If you are at risk for Ebola, the health worker will give you a test for Ebola

While you are at the treatment center

TIP: While you wait for your test results you will not be in the same room as patients who have already tested positive for Ebola.

- There should be a shower and toilets available for your use
- If you are well enough to eat, you will be given food and water to build up your strength
- There is a visitor's area where family/friends can see you. You will have to be well enough to walk to this separate area
- If you bring your own phone, you can use it to call your family
- There will be two fences that separate you from your visitors, so they can stay healthy while being able to see and talk with you. You should not touch your visitors

After you receive your test results

- If your test comes back and you have Ebola, you will be moved to a separate area that includes only other people with Ebola, where the health workers will care for you
- If your text comes back negative and you are no longer feeling sick, you will be allowed to go home so that you will not be at increased risk to catch Ebola from other patients in the facility

TIP: Be sure to remind your clients that treatment offered at the treatment centers is free.

What to expect when a contact tracer speaks with you



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What to expect when a contact tracer speaks with you

Why contact tracing is important

- During contact tracing, people who are at risk for Ebola are visited every day and observed for signs of Ebola
- If you develop symptoms of Ebola, the contact tracer will be able to see those symptoms early
- Finding the symptoms of Ebola early is important because it allows you to get treatment as soon as possible and improves your chance of becoming healthy. It also makes it more difficult for you to give the virus to someone else

Who gets contact traced?

A contact is any person who...

- has slept or ate in the same household as someone confirmed to have Ebola during the illness
- has touched the body of someone confirmed to have Ebola during the illness
- has gone to a funeral and/or has touched a body at a funeral of someone who had Ebola
- has touched the blood or body fluids of someone confirmed to have Ebola during the illness
- has been breastfed by someone confirmed to have Ebola during the illness

What will happen when a contact tracer speaks with you

- You will be visited once a day for 21 days. The person will look for signs of illness
 - You will be asked simple questions about how you feel
 - If you do not develop a fever or other Ebola symptoms within 21 days, you will be declared Ebola free
 - If you develop a fever or other Ebola symptoms, you will be sent to a health facility to be tested for Ebola
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