



Good Day Brother and Sister Firefighters:

A survey by Harvard School of Public Health shows the public is very confused about the subject of Ebola virus. More than a third of Americans are concerned that they or their family will contract Ebola.

### **General Information**

- The likelihood of contracting Ebola is extremely low unless a person has direct unprotected contact with the blood or body fluids (like urine, saliva, feces, vomit, sweat, and semen) of a person who is sick with Ebola or direct handling of bats or nonhuman primates from areas with Ebola outbreaks.
- Initial signs and symptoms of Ebola include sudden fever, chills, and muscle aches, with diarrhea, nausea, vomiting, and abdominal pain occurring after about 5 days.
- Other symptoms such as chest pain, shortness of breath, headache, or confusion, may also develop.
- Symptoms may become increasingly severe and may include jaundice (yellow skin), severe weight loss, confusion, bleeding inside and outside the body, shock, and multi-organ failure.

### **Some Safety Basics**

- Ebola is a fragile virus which can be killed with a 5% solution of chlorine, the same as household bleach.
- Good personal hygiene is the first line of defense.
  - Frequent hand washing
  - Use of hand sanitizers. This should be used in combination with hand washing, as sanitizers can miss some bacteria that hand washing would remove.

### **Dispatcher Precautionary Questions**

Dispatchers taking calls from persons reporting to be sick should take time to ask these questions and provide the information to the responding EMS personnel. Ask if the person is/has:

- Suffering from a fever, inclusive of any symptoms that include sudden fever, chills, and muscle aches, with diarrhea, nausea, vomiting, and abdominal pain.
- Recently traveled outside the U.S.



- If the answer is 'yes', ask and record where they were and when.
- Any reason to believe they may have been in contact with a person who was exposed to Ebola.
  - If 'yes' answers are given to bullet two or three, it is imperative to inform EMS personnel so they can take appropriate precautions

### **Educate Yourself**

Go to the Indiana State Department of Health website dedicated to providing information about Ebola: <http://www.in.gov/isdh/26447.htm>.

The Indiana State Department of Health has also opened a call center to answer questions regarding Ebola. Health representatives are available to answer questions regarding symptoms, screening and diagnosis of Ebola.

The call center telephone number is (877) 826-0011. It is open Monday through Friday, 8:15 a.m. to 4:45 p.m. Call (888) 561-0044 for the hearing impaired.

### **Help Educate Others**

Please share this information with your family and friends. This knowledge could prove beneficial to them as well as to you.

Thank you for the incredible work you do each day to protect and serve Hoosiers and all those who visit the state of Indiana.

Sincerely,

A handwritten signature in blue ink that reads "Jim Greeson". The signature is fluid and cursive, with the first name "Jim" and last name "Greeson" clearly legible.

Jim Greeson  
Indiana State Fire Marshal