



Public health recommendations for returning workers who are asymptomatic contacts of Ebola virus disease

Category	Job roles	Asymptomatic returnees
<p>Category 0 (in the last 21 days, no known contact with Ebola case, no laboratory contact, or travel to area of Ebola transmission).</p>		<p>Applies to those returning from countries not affected by Ebola:</p> <ul style="list-style-type: none"> • reassure • information
<p>Category 1 (no direct contact in the last 21 days).</p> <p>UK MoD/NHS Aeromed staff undertaking a controlled patient transfer under extant SOPs or Laboratory staff in a Level 4 laboratory assured to be operating to UK standards or A person who has visited an Ebola-affected area but had no direct contact with an Ebola case (or body fluids).</p>	<p>May also include logistics and operational support workers</p>	<p>Applies to those returning from Ebola-affected countries:</p> <ul style="list-style-type: none"> • reassure (very low risk of exposure) • information sheet • normal activities (no restrictions) • any accommodation • if feeling ill (within 21 days of leaving Ebola-affected country), take temperature and if 37.5°C or higher (temperature to be taken before taking any medicine with an antipyretic, including aspirin, paracetamol or ibuprofen), or have other symptoms suggestive of Ebola, phone 111 or other healthcare services (GP, 999 and so on) and state recent return from an Ebola-affected area
<p>Category 2 (direct contact in the last 21 days – low risk of exposure).</p> <p>Direct (close) contact with Ebola cases or their body fluids (but did not provide direct physical contact as part of clinical care), trained and wore appropriate protective equipment or clothing (PPE) with no known breaches.</p> <p>(Note that this only includes roles for which the job description has been seen and signed off by UKHSA.)</p>	<p>This includes among others:</p> <ul style="list-style-type: none"> • water, sanitation and hygiene (WASH) staff (including co-ordinators, water engineers, hygienists and laundry staff) • epidemiologists (especially in the community) • health advisors (in Ebola treatment centres [ETCs] or the community) • contact tracers in the community 	<p>Applies to those returning from Ebola-affected countries:</p> <ul style="list-style-type: none"> • reassure (low risk of exposure) • information (category 2 factsheet) <p>And for 21 days after returning from an Ebola-affected country:</p> <ul style="list-style-type: none"> • self-monitor temperature twice daily (temperature to be taken before taking any medicine with an antipyretic, including aspirin, paracetamol or ibuprofen) and report to UKHSA designated contact if 37.5°C or higher or feeling unwell • any accommodation • travel – no restrictions • normal activities except: <ul style="list-style-type: none"> ○ work: return to work but, if a healthcare worker, no exposure-prone procedures for 21 days ○ do not share toothbrushes or razors ○ use barrier contraception or avoid unprotected sex for 21 days ○ postpone any non-essential medical or dental treatment: inform healthcare provider of travel and work if any essential treatment needed • if unwilling to comply with public health recommendations, consider actions on a case-by-case basis

Category	Job roles	Asymptomatic returnees
<p>Category 3 (direct contact in the last 21 days – high risk of exposure).</p> <p>Direct contact with a symptomatic case with potential exposure to body fluids, includes vomit, faeces, kissing and/or sexual contact</p> <p>or</p> <p>Unprotected sexual contact with a recovering Ebola virus disease case within 3 months of their symptom onset</p> <p>or</p> <p>Direct physical contact as part of clinical care, or contact with body fluids, with or without appropriate PPE, including those handling burials, and irrespective of known breaches</p> <p>or</p> <p>Laboratory staff in facilities not assured to be operating to UK standards</p> <p>or</p> <p>Direct exposure of skin or mucous membranes to potentially infectious blood or body fluids, including on clothing and bedding. This includes:</p> <ul style="list-style-type: none"> • unprotected handling of clinical or laboratory specimens • mucosal exposure to splashes • needlestick injury 	<p>This includes:</p> <ul style="list-style-type: none"> • healthcare workers providing patient care • morgue workers • burial teams 	<p>Applies to those returning from Ebola-affected countries:</p> <ul style="list-style-type: none"> • inform about risk (high risk of exposure) • information (Category 3 factsheet) <p>And for 21 days after returning from an Ebola-affected country:</p> <ul style="list-style-type: none"> • private accommodation only, unless an alternative has been explicitly agreed between the deploying organisation and UKHSA • self-monitor and record temperature and symptoms twice daily (temperature to be taken before taking any medicine with an antipyretic, including aspirin, paracetamol or ibuprofen). Report to designated person by telephone daily at a time to be agreed. If there is inability to take temperature a face-to-face arrangement will be made with relevant health services • if feeling ill in between reporting to the designated person, take temperature, and if $\geq 37.5^{\circ}\text{C}$ or have other symptoms suggestive of Ebola make contact with designated person by telephone immediately • if any delay in making contact phone 111 reporting recent work in an Ebola-affected area. If seriously ill, dial 999, again reporting recent work in an Ebola-affected area <p>Travel after arrival home, while no symptoms:</p> <ul style="list-style-type: none"> • any length of trip by private car within the UK is permitted • local travel of up to 2 hours on local commuter or public transport is permitted, principally for work. Such trips should be as short as possible • air travel during this period within the UK is not acceptable* • if willing to comply with public health recommendations, normal activities (while no symptoms) except: <ul style="list-style-type: none"> ○ if a healthcare worker, no patient contact for 21 days ○ postpone any non-essential medical or dental treatment: inform healthcare provider of travel and work if any essential treatment needed ○ do not share toothbrushes or razors ○ use barrier contraception or avoid unprotected sex for 21 days ○ avoid situations where they may be unable to extricate themselves quickly if they become ill, in particular crowded public places such as sports grounds • if unwilling to comply with public health recommendations, consider actions on a case-by-case basis <p>* Clinical staff who are essential to the Ebola response and who are on a short break in the UK before returning to an Ebola-affected country will be cleared to return provided they undergo appropriate assessment by UKHSA before departure.</p>