



What Parents Should Know about Ebola

Due to the outbreak of the Ebola virus in West Africa and recent cases here in the United States the San Bernardino County Department of Public Health (DPH) is aware of parent’s concerns for their children while at school. The health and safety of our students is our priority. Therefore, the DPH is providing important information that parents should know about Ebola, partnering with schools and community members to safeguard all students.



Ebola is an infectious disease; however, many infectious diseases may be present at this time of the year and have similar symptoms such as fever, diarrhea and vomiting. These diseases could include, but are not limited to:

- **Common cold, coughs, and sore throats**
- **Enterovirus D68**
- **Flu, or flu-like illness**
- **Viral gastroenteritis such as norovirus**

Important Facts about Ebola

Ebola is not spread by simply being in the same room with someone who is infected with the virus. Transmission requires direct contact with an infected person’s bodily fluids, such as blood or secretions, or from exposure to contaminated objects, such as needles.

- **You can’t get Ebola through air**
- **You can’t get Ebola through food**
- **You can’t get Ebola through water**

Fever is generally the first indication of Ebola

People are not contagious until they begin to show symptoms. Symptoms of Ebola include fever (greater than 38.6°C or 100.4°F); severe headache; muscle pain; weakness; diarrhea; vomiting; abdominal (stomach) pain; unexplained hemorrhage (bleeding or bruising). Symptoms may appear 2 to 21 days after exposure to Ebola Virus.

What do I need to know about keeping my child home?

Keep your child home when they show symptoms of communicable diseases:

- If your child has a fever (average normal temperature is 98.6°F), please keep them at home. All children should be fever free, without fever reducing medication, for 24 hours prior to returning to school.
- If your child exhibits vomiting or diarrhea, please keep them at home until they are symptom free for 24 hours prior to returning to school.
- Seek medical attention for your child if their symptoms do not improve.



What do I need to know about protecting my child and other children from communicable diseases, including Ebola?

- Hand washing and good hygiene practices are imperative year round in the control of communicable diseases. Encourage your child to wash their hands frequently, especially before eating. Remind your child not to share drinks or food with any of their classmates.
- Remind your child to cough and/or sneeze into a tissue, dispose of the tissue properly, and wash their hands.



Where can I get for more information?

- San Bernardino County Department of Public Health: 1-800-782-4264
- Visit the Centers for Disease Control and Prevention: <http://www.cdc.gov/dph>