October 15, 2014

**Ebola Update**

SJU continues to closely monitor the evolving Ebola outbreak in West Africa and the effect it is having in the U.S. and throughout the world. Earlier in the semester students returning to campus from affected countries were contacted, instructed to self-monitor for a period of 21 days, and told to seek medical treatment if they developed a fever or other symptoms consistent with Ebola. Thankfully, we are not aware of any students who have had exposure to Ebola.

**What is Ebola?**

Ebola is a virus that causes viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pains, lack of appetite, and abnormal bleeding. Symptoms appear 2-21 days after exposure to the Ebola virus, 8-10 days is the most common.

**How is Ebola transmitted?**

Ebola is not transmitted in the same way as the flu. Ebola cases are caused by contact (through broken skin or mucous membranes) with the body fluids of an ill person infected with the virus. It is not transmitted through the air, water or, in general, by food.

**What should I do to protect my health?**

Ebola poses little risk to the US general population and is not contagious until symptoms appear. It is spread through direct contact with body fluids (blood, urine, feces, saliva, semen and other secretions) of an infected person, or with objects like needles that have been contaminated with body secretions. This includes through intimate contact, such as sex, since Ebola can still be found in semen for seven weeks after a person has recovered.

It is always good to avoid contact with anyone who is sick and to wash your hands regularly. Use soap and water if available, or use hand sanitizer. Doing so can help prevent you from getting sick from many contagious illnesses.

**What is being done to prevent the spread of Ebola worldwide?**

To learn more about Ebola and what is being done to prevent transmission worldwide, visit [www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola).

**What is SJU doing to prevent Ebola in our campus community?**

The health and safety of SJU travelers is a priority, and we are tracking the Centers for Disease Control (CDC) guidelines. It is important to note that as of the date of this Fact Sheet the Ebola outbreak appears to be currently centered in five countries in West Africa: Liberia, Guinea, Sierra Leone, the Democratic Republic of the Congo and Nigeria. SJU does not operate academic programs in these areas. In addition, per the [University’s International Travel Policy](http://www.cdc.gov/vhf/ebola), we will not sponsor or facilitate any University travel to any country or region with a CDC Travel Warning including those countries currently with a warning due to Ebola.
October 15, 2014

**Personal Travel**

The University strongly urges faculty, staff and students to follow [CDC guidelines](https://www.cdc.gov) when planning personal (non-University) travel. At this time, there is an ongoing travel warning urging U.S. residents to avoid non-essential travel to Guinea, Liberia, and Sierra Leone in West Africa. In addition, an alert to practice enhanced precautions for travel to the Democratic Republic of the Congo has also been issued.

If you are returning to campus from an area affected by Ebola, please follow the [CDC guidelines for self-monitoring](https://www.cdc.gov).