

Ebola: Ambulatory Care Evaluation

Ambulatory Care Evaluation of Patients with Possible Ebola Disease



1 Check travel history

Ask if the patient has been in a country affected by the 2026 Ebola Outbreak in the past 21 days. If yes, check for signs and symptoms (step 2). If no, continue with usual triage, assessment and care.

2 Assess for symptoms

Signs & Symptoms of Ebola:

- Fever
- Headache
- Muscle pain
- Weakness
- Fatigue
- Sore throat
- Loss of appetite
- Vomiting
- Diarrhea
- Abdominal pain
- Hemorrhage

If a patient does have symptoms, go to step 3.

If a patient does not have symptoms:

- A. Notify your local health department first, or NC Epi On Call (see below), that the patient is seeking care at your facility.
- B. Continue with usual triage, assessment and care.
- C. Advise patient to continue to monitor for fever and symptoms and notify the health department if they develop symptoms within 21 days after leaving the affected country.

3 Isolate patient immediately

- Place patient in private room or area, preferably enclosed with private bathroom or covered commode that is not used by anyone else.
- Only essential personnel wearing personal protective equipment (PPE) should enter the patient's room.
- At a minimum, health care personnel entering the room should use PPE including face shield & surgical face mask, fluid-resistant gown, and two pairs of gloves. Additional PPE is recommended if the patient is clinically unstable or exhibiting symptoms such as vomiting, diarrhea, or bleeding. Scan the QR code for more information.
- The staff designated to care for the suspect case should refrain from direct interaction with other staff and patients in the office until PPE has been safely removed in a designated, confined area. Review examples of safe donning and removal of PPE by scanning the QR code.
- Avoid unnecessary direct contact.
- Do not remove any waste or equipment from the room.

4 Inform Health Department

- IMMEDIATELY contact **North Carolina Epi On Call**, available 24/7: (919) 733-3419
- Epi On Call can further assist with assessment of [Ebola risk factors](#).
 - If transfer to a designated facility is indicated, health department staff will coordinate with you to identify and notify the receiving facility and make arrangements for safe transport.
- If the clinical situation is an emergency, call 911 and tell them the patient's Ebola risk factors so EMS personnel can arrive with proper PPE. Also notify the receiving facility.

NOTE: If a patient calls the ambulatory care facility to schedule an appointment for care and has Ebola risk factors and symptoms, tell them to: stay where they are; avoid contact with household members; use a separate bathroom (if available); and call the health department. Your facility must also notify the health department. If the patient needs emergency care, call 911 and tell EMS about the patient's Ebola risk factors so they can arrive with proper protective equipment (PPE).



Learn more at:

- <https://www.ncdhhs.gov/divisions/public-health/ebola-information>
- <https://www.cdc.gov/ebola/about>