A Message from ASU Health Services - October 9, 2014

We are reaching the time in the academic year when many international students may be making plans to travel within the United States and internationally. These times are particularly exciting if you are planning to return home to visit friends or family. We have important information to keep in mind if you are planning to travel outside of the country, particularly to one of the identified high-risk countries of Liberia, Guinea, Sierra Leone, Nigeria and the Democratic Republic of the Congo.

Travel to Liberia, Guinea, Sierra Leone, Nigeria and the Democratic Republic of the Congo
For those planning to travel to one or more of the identified high-risk countries currently experiencing an Ebola outbreak, please be attentive to the following facts and precautions:

- Individuals travelling to these countries face an increased risk of exposure to those already infected with the Ebola virus.
- As the health care systems of these countries are already stretched by caring for those with Ebola, you also may have more difficulty getting care for other illnesses while traveling to the affected countries.
- To protect yourself while traveling:
  - Avoid people who are sick with fever, vomiting or diarrhea, which are key symptoms of the Ebola virus.
  - Do not share food or drink with those who are sick, even if you normally would have done so in the past.
  - Remember that Ebola is not transmitted by people without symptoms.
  - If you need medications for your medical conditions, take them with you.
- If you do get exposed to someone who has active Ebola symptoms, do not travel for 21 days until you are sure you are not infected.
- Once you return, you should monitor your health and temperature for 21 days and immediately go to an ASU Health Services location if you become ill during this time.
- Although the U.S. and the World Health Organization have not currently restricted travel, screening has been increased for both outbound and arriving U.S. flights. It is possible that with this evolving situation travel restrictions may start to be imposed and your ability to return to the U.S. and to Arizona may be impacted.

We are reaching out to help you make informed travel decisions. Please feel free to contact or visit any of the ASU Health Services locations should you need additional information or have any questions.

Additional Resources
CDC travel notices: wwwnc.cdc.gov/travel/notices
CDC questions and answers on Ebola: www.cdc.gov/vhf/ebola/outbreaks/guinea/qa.html
CDC Ebola site: www.cdc.gov/ebola