

Ebola and Communicable Diseases Northwest University Salem Campus

Due to recent reports related to Ebola, Northwest University administrators and staff have developed a response protocol should any cases be reported in Oregon. These plans are provisional in nature due to the minimal risk currently posed by the Ebola virus in our region. The Marion County Department of Health website currently states: **“The Ebola virus poses no substantial risk to the general U.S. population”**

In spite of the currently low risk of Ebola in our community, **please read this entire document in case anything it contains applies to you.**

NU’s response to a reported case of Ebola will include screening by phone, immediate quarantine, and notification of the Center for Disease Control (CDC). If an Ebola diagnosis is confirmed on campus or within the campus community, it is likely that many of our day to day campus activities would be immediately canceled. However, with the technology that is available to us, classes could continue from a distance during the time it took for the risk to pass. **Students should check their email frequently for instructions from faculty.**

More detailed instructions will be provided on this site if a case of Ebola in Oregon is reported.

More likely than encountering Ebola is for students to become sick with the cold or flu, and this winter is anticipated to be a challenging season. Remaining vigilant with our health and practices that prevent infection apply to Ebola as well as other infectious conditions we encounter on a regular basis. Please be cognizant of good practices that will help with resisting flu or cold including hand washing, cleaning workstations, and staying home when sick. We are placing cleaning supplies in all classrooms and ask for volunteers to clean all tables and other handled surfaces after every class. We also have hand sanitizer dispensers throughout campus.

We do encourage students to become informed about Ebola, particularly if planning travel to the nations in West Africa where Ebola outbreaks are occurring. Please read the following sections about travel information as well as the Ebola virus.

Important Information about NU Travel

As a precautionary measure Northwest University has temporarily suspended University sponsored or endorsed travel to countries at risk of Ebola spread as identified by the U.S. State Department and the Centers for Disease Control and Prevention (CDC) which has [issued a Level 3 Travel Warning](#).

The entire NU community (students, faculty, and staff) is requested to **avoid personal travel to West Africa countries with Ebola outbreaks**. Any members of the NU community who plan to continue with personal travel plans to West Africa (including

students who plan to travel to an affected country during the holiday break) are asked to contact Debbie Lamm Bray and inform them of your travel plans. You will be asked to complete a *confidential* health questionnaire based on guidelines from the CDC. The Wellness Center nurse practitioner will review questionnaire responses and communicate to you any further medical guidance regarding your Ebola risk and how to monitor your health upon your return.

If you have been in West Africa in the past month please contact the Debbie Lamm Bray and respond to a *confidential* health questionnaire.

The CDC asks those returning from affected areas to monitor their health for 21-days and look for the following symptoms: (<http://www.cdc.gov/vhf/ebola/symptoms/>)

Fever
Headache
Joint and muscle aches
Weakness
Diarrhea
Vomiting
Stomach pain
Lack of appetite

Symptoms can appear anywhere from 2 to 21 days after exposure with 8-10 days being the most common.

If you recently traveled from the affected areas and find that you've developed any of the above symptoms, immediately do following:

- Stay put! Isolate yourself in one room.
- **CALL Debbie Lamm Bray** at 503-304-0092 and tell her about your recent travel and symptoms.
- If it is outside of office hours, leave a voicemail with your name, phone number, and a description of where you are calling from. **Then immediately CALL a local hospital:**

Kaiser Permanente NW (Hillsboro): 971-310-1000
Providence Health & Services (Newberg): 503-537-1555
Oregon Health and Science University (Portland): 503-494-8311
Legacy Health (Tualatin): 503-692-1212
Peace Health (Springfield): 541-222-7300
Samaritan Health Services (Albany): 541-812-4000

It is important that you **CALL** and tell the medical provider about your recent travel and potential exposure. Do not go to the Salem Campus, a doctor's office, or a hospital unless so directed. This will help the medical provider better care for you and prevent potential transmission to others. **Do not go to work, classes, church, or other student or life activities until you have been medically evaluated.**

If it is determined that you *possibly* have an Ebola infection, the medical provider you called will immediately contact the Marion County Department of Public Health and they will bring medical help directly to you.

Additional Information on Ebola

At this time Ebola poses little risk to the general population in the U.S. However, the Northwest University Wellness Center and university administrators are closely monitoring the evolving Ebola situation. NU is following all recommendations from the Centers for Disease Control (CDC) and the Marion County Department of Health. CDC instructions on taking a comprehensive travel history from any patient who presents with a fever are also being followed. [In accordance with CDC guidelines](#) if anyone on campus has a fever and/or other symptoms and has visited a country where Ebola is prevalent within the last 21 days, they will immediately be isolated and the Department of Health contacted. The Department of Health will come to campus and take responsibility for transporting the individual to the appropriate medical facility for assessment / diagnosis of symptoms. If this situation occurs the Department of Health will direct the process for evaluation of risk to others on campus, cleaning procedures, and any further action required by the university.

According to medical experts, the longest it can take someone who has been exposed to the Ebola virus to show symptoms is 21 days -- after that, they are not considered to be at risk.

To learn more, please visit the following websites:

- Marion County Department of Public Health:
<http://www.co.marion.or.us/HLT/PH/Epid/alerts/>
- Centers for Disease Control and Prevention (CDC) Overview of Ebola:
<http://www.cdc.gov/vhf/ebola/>
- CDC Case Definition for Ebola Virus Disease:
<http://www.cdc.gov/vhf/ebola/hcp/casedefinition.html>
- Individuals who plan personal travel, either internationally or nationally, should follow FAA and CDC guidelines:
http://www.faa.gov/news/press_releases/news_story.cfm?newsid=17375