

# **Ebola Education Plan**

## **Getting Ready to Learn About Ebola**

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, "It's OK to Ask" us to explain.

## **What I Need to Learn About Ebola**

By the time I leave the hospital I will be able to show or tell the staff:

1. What Ebola is.
2. How Ebola spreads.
3. Who is more at risk for getting Ebola.
4. What are the signs of an Ebola infection.
5. How the hospital stops the spread of Ebola.

## **The staff will use three questions to teach me about Ebola**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. Making sure I know the information about my disease and how to care for myself is important for both my health and those around me.

**What is my main problem?**

I may have Ebola. Ebola is also known as Ebola viral disease (EVD). It is caused by a virus that originally came from Africa.

I have traveled recently to areas where people have Ebola. My illness matches that of an early Ebola infection. It is important to get treatment early. I also want to make sure that if I do have Ebola, I will not pass it on to my family or others around me.

**What do I need to do?**

I will be able to tell the staff how Ebola spreads.

- Ebola spreads by blood or body fluids.
- Body fluids are anything ‘wet’ that comes from a person’s body.
- The risk of spreading the disease increases when others come in contact with:
  - Infected body fluids
  - Objects that have been contaminated with the virus such as:
    - Needles
    - Syringes
    - Clothing
    - Gloves

I will be able to tell the staff who is more at risk for getting Ebola.

- I am more likely to contract Ebola if:
  - I have traveled in the last month to areas where Ebola is common.
  - I have been in contact with a person that has been diagnosed with Ebola.

I will be able to tell the staff the signs of an Ebola infection.

Symptoms may appear from 2-21 days after being infected by Ebola.  
The average is 8-10 days.

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Stomach Pain
- Unexplained bleeding or bruising

I will be able to tell the staff how the hospital stops the spread of Ebola.

- Hand washing:
  - Hand washing is the most important factor in stopping the spread of disease.
  - I need to use soap and water if I can see that my hands are dirty.
  - If my hands appear clean, I can use foaming hand sanitizer to kill the germs that I can't see.
- Personal Protective Equipment (PPE):
  - People taking care of me will be wearing gloves, a mask, and other coverings over their clothes and skin.
  - Coverings are needed so that the people taking care of me will not get sick from any of my body fluids they may touch.
- It is OK to ask a healthcare worker if they have properly washed their hands and are using proper PPE if I feel they may not be following the rules.
- Visitors are not allowed in my room during my stay at the hospital.
- I will not be discharged until my doctors feel it is safe to do so.
- My doctors will make sure that I am well and will not spread Ebola to anyone else.

**Why is this important to me?**

I need to stay in the hospital for the health of myself and others. My staying helps to prevent the spread of Ebola. It is important for me to understand about Ebola. I can help educate others about Ebola.

As part of my care and to help me understand Ebola I may receive:

- Hand Hygiene Information Sheet

## • Ebola Education Plan

### Resources

- See Teaching Tools
- <http://www.cdc.gov/vhf/ebola/hcp/index.html>
- <http://www.cdc.gov/vhf/ebola/resources/index.html>

### Teaching Tools

- Hand Hygiene Information
- Special Precautions sheet
- Ebola FAQ

### References

- <http://www.cdc.gov/vhf/ebola/hcp/index.html>
- <http://www.cdc.gov/vhf/ebola/resources/index.html>

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Always close each teaching session with the question, “What questions do you have for me?”

\*This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.