



Ebola Virus Disease for Travellers

Risk of Exposure to EVD

Outbreaks of Ebola Virus Disease (EVD) are occurring in the Democratic Republic of Congo (DRC) and Uganda.

The risk to travellers is mainly associated with activities that involve direct contact with the bodily fluids of infected individuals or contaminated surfaces. (e.g. providing healthcare, attending a burial, or sexual contact) or contact with infected animals (e.g. eating bush meat) in EVD-affected areas.

Preventive Measures for Travellers

When travelling to EVD-affected areas, take the following precautions to reduce your risk of exposure:

- Wash your hands frequently using soap and water or an alcohol-based hand sanitizer.
- Avoid close contact with live or dead animals.
- Avoid handling raw or undercooked meat and avoid eating any “bush meat.”
- Use condoms during sexual activity.
- Avoid close contact with individuals who are ill.
- Follow safe and recommended burial practices.
- Monitor the local news and adhere to all airport screening procedures.
- Follow recommendations from local health authorities, especially if you have been exposed to a person who is being investigated for EVD.

What happens when I return from an EVD-affected area?

Bermuda Customs Officers screen for ill passengers.

Upon arrival in Bermuda, travellers who have been to EVD-affected areas should:

- Inform a Customs Officer if they have symptoms of EVD.
- Disclose if you have been, or may have been, in close contact with someone who has EVD.
- If you do not have symptoms, call the Epidemiology and Surveillance Unit (ESU) on the first business day following your arrival.
- Follow the ESU guidance on monitoring for symptoms of EVD, even if you are vaccinated while in an EVD-affected area.

What if I develop EVD symptoms after arriving in Bermuda?

Symptoms can appear 2-21 days after exposure. If a traveller develops symptoms of EVD within 21 days after the last potential exposure to EVD the traveller should:

- **Immediately** self-isolate (maintain a 2-metre distance from others and avoid physical contact).
- Ensure that others do not come into contact with your blood or body fluids (including urine, feces, emesis, saliva, sweat, and semen) or anything that may have come in contact with their blood or body fluid (e.g. linens, clothing, toilet, toiletries)
- Wash hands, especially after vomiting or toileting.
- Contact your doctor or emergency services and follow their instruction, which may include:
 - Attending a medical assessment at their office or hospital.
 - Avoiding public transport (bus, train, taxi) when travelling to that facility.

Adapted from:

Public Health Agency of Canada, 2018. Ebola Virus Disease Prevention, Monitoring and Surveillance Recommendations.. Retrieved on October 10, 2019 from

<https://www.canada.ca/en/public-health/services/catmat/ebola-virus-disease-preventive-measures-monitoring-surveillance-travellers.html>

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