

# WABASH COLLEGE

October 24, 2014

Dear Friends,

As you all are aware, the current outbreak of Ebola in West Africa and cases in the United States and Western Europe have led to questions and concerns about preparedness.

Wabash College and the City of Crawfordsville have no specific risk of exposure to this disease. We write today to assure you that the staff of the Student Health Center, Dean of Students' Office, Dean of the College's Office, International Studies Office, and the Montgomery County Health Department are aware of exposure risks, signs, and symptoms, and are following the recommendations of the [Centers for Disease Control \(CDC\)](http://www.cdc.gov/vhf/ebola/index.html).

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It is important for the Wabash Community to study and monitor this evolving public health issue. As you are no doubt aware, more people will die from influenza than Ebola. Basic health precautions, including regular hand washing and avoidance of contact with anyone who is acutely sick, are important and simple steps to prevent spread of any infection.

The CDC does not recommend that colleges and universities isolate or quarantine students, faculty, or staff based on travel history alone. However, Wabash will monitor travel that members of our community may be planning during the next few months to areas where there have been Ebola outbreaks or where there are warnings of an increased risk of infection. No Wabash students or faculty are currently studying abroad in any of the countries listed by the CDC designated as Level 3 Travel Notices: Guinea, Liberia, and Sierra Leone.

Wabash will continue to keep our campus community informed and prepared, and do our best to reduce the risk of communicable diseases. Each member of our community has a responsibility to stay informed and proactive as this international health issue evolves.

Sincerely,

Dean Scott Feller  
Dean Mike Raters  
Dr. John Roberts  
Dr. Scott Douglas  
Carol Lamb, RN

## **What You Need to Know about Ebola**

A person infected with Ebola cannot spread the disease until symptoms appear.

The time from exposure to the appearance of signs or symptoms of the disease (the incubation period) is 2 to 21 days. Commonly, symptoms appear 8 to 10 days following exposure.

Signs of Ebola include:

- Fever higher than 101.5
- Severe Headache
- Muscle Pain
- Vomiting
- Diarrhea
- Stomach Pain
- Unexplained Bleeding

Ebola is spread through direct contact with blood or body fluids. In order for a person to be at risk they must have direct contact through broken skin or through their eyes, nose or mouth. Bodily fluids include urine, feces, saliva, vomit, sweat, breast milk and semen. Ebola also is spread through objects (like needles) that have been contaminated with blood or body fluids of a person sick with Ebola.

Ebola is NOT spread through the air, water, or food.

## **To Protect Yourself against Ebola and Other Contagious Illnesses**

Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Do not touch the blood or body fluids of people who are sick.

Do not handle items that may have come in contact with a sick person's blood or body fluids, such as clothes, bedding, needles or medical equipment.

Do not touch the body of someone who has died of a highly contagious disease, such as Ebola.