

Family Guide to Home Care Viral Hemorrhagic Fever

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An outbreak of **Viral Hemorrhagic Fever** will result in many people requiring hospitalization. **Viral Hemorrhagic Fever** symptoms can appear anywhere from 2 to 21 days after exposure.

If you or any member of your family has any of the following symptoms, go to the nearest hospital or treatment center NOW.

**Sudden high fever • weakness • fatigue • muscle aches
• sore throat • headache**

Patients with severe cases of VIRAL HEMORRHAGIC FEVER often show:

Bleeding under the skin, in internal organs or from the mouth, eyes or ears

Contact Precautions

- **Viral Hemorrhagic Fever** is highly contagious. Avoid direct contact with people or animals who are sick or may have been exposed.
- Those who are sick should be isolated (separated from others) to prevent the spread of disease.
- Those who care for them wear protective clothing.

Take Care of Yourself

You will not be able to care for others if you do not also care for yourself.

- Get plenty of rest, drink lots of liquids, maintain a healthy diet.
- If you have had casual contact with a **Viral Hemorrhagic Fever** patient, take your temperature twice a day for up to three weeks after contact.
- If any symptoms appear, seek medical attention **Immediately**.

Where to Get More Information

- Stay tuned to local media for ongoing updates.
- Centers for Disease Control and Prevention Public Response Hotline:
 - 888.246.2675 (English)
 - 888.246.2857 (Spanish)
 - 888.874.2646 (TTY)
- Texas Department of State Health Services Web site:
www.dshs.state.tx.us
- Centers for Disease Control and Prevention Web site:
www.cdc.gov
- Northeast Texas Public Health District web site:
www.healthpreparedness.org