

VIRAL HEMORRHAGIC FEVER

FAMILY GUIDE TO HOME CARE

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