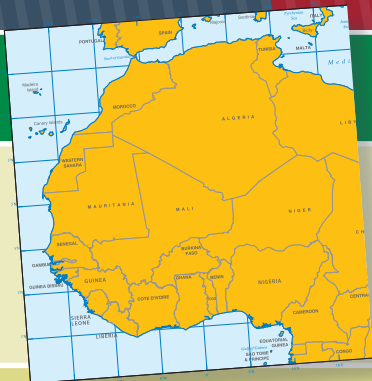


# EBOLA

# How to Check and Report your Health for Ebola



**Getting care early is your best chance to get better, if you get sick!**

**This Check and Report Ebola (CARE) Kit** was created to help you get care if you get sick and to protect the health of those who are close to you. This kit provides a way for you to look for Ebola symptoms and to communicate with your health department each day for 21 days.

**STEP 1:** Do two (2) health checks every day. To do a health check, you must:

- take your temperature (use the thermometer in your CARE Kit),
- look for any other Ebola symptoms, and
- write your temperature and any symptoms on your CARE Symptom Log.

DAY 0 DD/MM/YYYY 10/18/2014	SYMPTOMS	TEMP°
	MORNING ☀️ No symptoms	MORNING 98.6°F 37°C
NIGHT 🌙	NIGHT	

**STEP 2:** A public health worker from a U.S. state or local health department will contact you to talk about Ebola and answer your questions. The public health worker will tell you who to call if you get sick with any Ebola symptoms. He or she will also tell you what they want you to do each day for 21 days to report your health checks. This may be:

- answering the telephone to take a call,
- calling a telephone number,
- meeting in person, or
- visiting a web site.

3 WEEKS						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



**STEP 3:** If your temperature is 100.4°F/38°C or above **OR** you have any other Ebola symptoms:

- Do what your public health worker told you to do if you get sick.
- If you are not able to speak with someone right away, call:
  - » Your state or local health department (use the list in your CARE Kit),
  - » CDC (1-800-232-4636), or
  - » **911 if it is a medical emergency** and let them know you are in the CDC Ebola CARE Program.
- Do not go out in public until you talk to a public health worker.

**If you do not get sick during the 21 days, your daily health checks will be complete and no longer needed. You will also know that you do not have Ebola.**



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention