



## HAND WASHING

Wash hands with soap and water for 20-30 seconds. If hands are dirty, wash hands with soap and water, not with hand sanitizers, for 40-60 seconds. Use hand sanitizer or chlorinated water, if soap and water are not available.

- Wet hands with water.


- Apply enough soap to cover all hand surfaces.  
Rub hands together and scrub everywhere.


- Wash the front and back of your hands and in between your fingers.





## Could it be EBOLA?

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### INITIATE

Always use standard precautions. Immediately separate the patient if there are any concerns about Ebola.

Think Ebola if the patient has a travel or exposure history *and* any symptoms:

### IDENTIFY

#### Take a Detailed Travel and Exposure History

In the past 21 days, has the patient:

- Been to an area with Ebola? Visit: [www.cdc.gov/vhf/ebola/outbreaks/history/distribution-map.html](http://www.cdc.gov/vhf/ebola/outbreaks/history/distribution-map.html)
- Had contact with a person with Ebola?

#### Evaluate the Patient

Does he or she have:

■ Fever	■ Fatigue
■ Severe headache	■ Abdominal pain
■ Muscle pain	■ Weakness
■ Diarrhea	■ Unexplained bleeding
■ Vomiting	

If yes to travel and symptoms, see ISOLATE and INFORM.




## GLOVE REMOVAL

To protect yourself, use the following steps to take off gloves

- With both hands gloved, grasp the outside of one glove at the top of your wrist, being careful not to touch your bare skin.


- Peel off this first glove, peeling away from your body and from wrist to fingertips, turning the glove inside out.


- Hold the glove you just removed in your gloved hand.



Three wallet cards.