



## Press Release

10/28/2014

### Ebola Update for Custer County

Due to recent **changes** in Ebola protocols and for the health of the general public, we in Custer County Public Health along with our partner, Custer County Medical Clinic are recommending the following:

If you or someone you have been in close contact with has traveled to any of the high-risk Ebola areas (to include Liberia, Sierra Leone, or Guinea) in the last 21 days **AND** have any one of the symptoms listed below:

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

We are asking that you call 719-783-2380 or 719-783-3369 or 911 after hours **from your home** rather than coming to the clinic. This is imperative as **isolation** is the key to the control of this virus. This process ensures you are protecting yourself and others. Please be assured that you will be cared for properly and appropriately.

It is also important to note that if you visit any medical facility or call 911 here or elsewhere you will likely be asked about your travel, along with your symptoms. This is how we are continuing to monitor for this virus.

Once again the likelihood of the Ebola virus presenting in Custer County is extremely rare. However, other viruses like flu will be here soon. Please remember to wash your hands frequently, cough and sneeze into your elbow, and do not touch your eyes, nose or mouth. Get a flu shot. Together we will keep Custer County healthy!