



Foster-Johnson Health Center

Dear GSU Students,

As we approach the end of the 2014 fall semester and the upcoming holidays, the Foster-Johnson Health Center would like for you to be aware of the Ebola outbreak when traveling abroad. The Ebola virus is a severe illness and has recently impacted the West African nations of Guinea, Liberia, and Sierra Leone. We encourage you to notify the student health center as soon as possible, if you plan to travel abroad to any of the countries documented as an Ebola outbreak area. This will help to ensure your safety and the safety of the entire Grambling State University campus. The information that you provide to us will be kept confidential.

If you plan to travel abroad, please become familiar with the signs and symptoms of Ebola such as fever, chills, muscle aches, severe diarrhea, or vomiting. If you are planning to travel to West Africa, please become familiar with the following CDC travel warnings for each area:

- CDC has posted Level 3 Warning Travel Notices recommending that people avoid non-essential travel to Guinea, Liberia, and Sierra Leone at this time. We advise that education-related travel to these countries be postponed until further notice.
- Visit the CDC *Travel Health Notices* page at <http://wwwnc.cdc.gov/travel/notices> for the most up-to-date guidance and recommendations for each country, including information about health screenings of incoming and outgoing travelers and restrictions on travel within countries.

To protect yourself from Ebola:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Do not touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- Do not handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.
- Do not touch the body of someone who has died of Ebola.

When returning from areas of high risk for Ebola, please allot additional days to your itinerary due to increased travel screenings. Also, please check in with Foster-Johnson Health Center to receive a disposable thermometer and monitoring tips regarding the Ebola virus.

Sincerely,

Patrice Outley

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