

# EBOLA OUTBREAK

## What to know about Ebola

Cigna®

Cigna is monitoring the developments of the outbreak and we are prepared to help customers, if needed.



24/7/365

Remember that our Customer Service Centers are open 24/7/365 to help customers with questions about their health benefits and other issues that may relate to their benefits.



[www.who.int](http://www.who.int)

For more specific information about the Ebola outbreak, visit [www.who.int](http://www.who.int).

### 1. What is Ebola?

According to the World Health Organization, the Ebola virus disease (formerly known as Ebola haemorrhagic fever) is a **severe, often fatal illness, with a case fatality rate up to 90%**. It is one of the world's most virulent diseases. Severely ill patients require intensive supportive care.

### 2. How is Ebola spread?

Ebola is transmitted by direct contact with the body fluids (blood, saliva, vomit, sweat, semen or urine) of infected animals or people - dead or alive. Ebola is also spread through droplets. The virus travels inside droplets of body fluids that are splashed from a sick person, which enter the eyes, nose, skin or mouth of another person. Droplets travel short distances - less than 3 feet (1 meter) - from one person to another. Ebola is different from the flu. It is **not** transmitted through the air.

Health care professionals caring for Ebola patients and family and friends in close contact with Ebola patients are at the highest risk of getting sick when they touch or are touched by infectious blood or body fluids from a sick patient.



### 3. What are the symptoms of Ebola?

Symptoms include the sudden onset of **fever, intense weakness, muscle pain, headache and sore throat**. These are followed by **vomiting, diarrhea, rash, impaired kidney and liver function**; and in some cases, both **internal and external bleeding**.

### 4. What is the incubation period of Ebola?

The incubation period is the time between infection (when a person takes in the virus) and when they start to feel ill. For Ebola, the period can range from **2 to 21 days**. Patients become **contagious once they begin to show symptoms**.



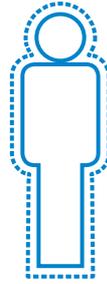
### 5. How does someone get Ebola?

According to the CDC, to contract Ebola you have to come in contact in your mouth, nose, eyes, through a break in your skin or through sexual contact with body fluids (like urine, feces, saliva, sweat, vomit or semen) from someone who has Ebola.

## 6. How do I protect myself against the virus?



Practicing good hygiene is important for containing all viruses.



With that in mind, and if you are located in- or travel to- an area with a confirmed case of Ebola or come into contact with an infected person, some steps that you can take to reduce the risk of being infected with Ebola include:



Wash your hands often.



Do not touch the bodily fluids of sick people or objects contaminated with their bodily fluids such as: blood, saliva, vomit, sweat, semen or urine.



Make sure all meat is cooked properly.



If someone in your surroundings shows symptoms of Ebola, advise them to **go to the nearest hospital or Ebola treatment center immediately.**

## 7. When should someone seek medical care?

If a person has been in an area known to have an outbreak of the Ebola virus or comes in contact with a person known or suspected to have Ebola and they begin to have symptoms, they should **seek medical care immediately.**

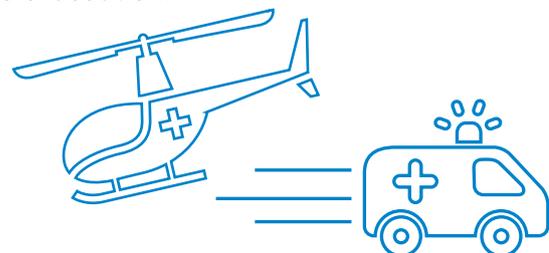
For the latest information, visit the [WHO | Frequently asked questions on Ebola virus disease.](#)

## 8. What should I do if I have clients with employees on assignment in (or traveling through) the affected areas?

If you have employees on assignment in areas such as Guinea, Liberia, and Sierra Leone, you should encourage them to **follow the precautionary steps listed above.**

## 9. Will Cigna do medical evacuations for employees in the affected areas?

Evacuations of suspected or confirmed Ebola patients is very complex. Standard evacuation benefits and procedures (as stated in your plan documents) apply to requests for evacuations of Ebola patients. It's important to remember that any Ebola evacuations are subject to governmental travel restrictions of the originating and receiving countries, as well as countries flown over during the evacuation.



Together, all the way.<sup>SM</sup>



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