



www.kent.edu/uhs - (330) 672-2322

World Health Organization: www.who.int

Centers for Disease Control & Prevention: www.cdc.gov

HEALTH ALERT December, 2014

Before and during your holiday travel, please be aware of the following communicable diseases occurring globally and in the U.S. Check the CDC website above for specific restrictions or advisories based on your destination(s).

EBOLA: is a viral illness with a high fatality rate

Countries Affected: West African countries of Guinea, Sierra Leone, and Liberia. Also, Nigeria, Spain, Senegal, Mali and the USA.

Symptoms: Ebola virus causes symptoms of fever, headache, muscle pain, unexplained bruising, vomiting and diarrhea.

Incubation period: If you have traveled from these countries in the last **21 days** and develop these symptoms, SEEK MEDICAL CARE immediately. Call University Health Services (330) 672-2322. If you are seriously ill, go to an emergency room or call 911. *Advise the healthcare providers of your travel history.*

Immunization: There is no vaccine available, however scientists have been working on developing one.

Prevention: Hand washing and avoid touch blood and other bodily fluids of someone infected with Ebola. Ebola is NOT spread through the air, water or food.

MERS: (Middle East Respiratory Syndrome) is a viral respiratory illness similar to SARS

Countries Affected: The Arabian Peninsula, including: Saudi Arabia, Qatar, Jordan, Kuwait, Yemen, the United Arab Emirates, Lebanon, Iran and Oman. Countries with travel-associated cases are: United Kingdom, France, Italy, Greece, Tunisia, Malaysia, Philippines, Egypt, USA, Netherlands, Algeria and Austria.

Symptoms: MERS symptoms include fever, cough, trouble breathing, and sometimes vomiting or diarrhea.

Incubation period: If you have traveled from the Arabian Peninsula region in the last **14 days** and develop these symptoms, SEEK MEDICAL CARE immediately. Call University Health Services (330) 672-2322. If you are seriously ill, go to an emergency room or call 911. *Advise the healthcare providers of your travel history.*

Immunization: There is no vaccine to prevent MERS.

Prevention: Hand washing, cover all coughs.

Influenza: ("The flu") is a contagious respiratory illness caused by the influenza virus

Symptoms: Symptoms develop quickly and all at once. They vary from a mild illness to more severe, including: cough, fever, chills, sore throat, runny or stuffy nose, muscle aches, headaches, and fatigue.

Incubation: The virus can be spread **1 day before** symptoms up to **5-7 days after** becoming sick. If you have been exposed to the flu and are feeling ill, contact University Health Services at (330) 672-2322.

Immunization: There is a flu vaccine offered yearly to prevent 3-4 strains of the flu. Flu shots are available at University Health Services.

Prevention: Get vaccinated yearly, wash hands frequently, cover all coughs, discard soiled tissues and avoid exposure to those exhibiting symptoms of the illness.



www.kent.edu/uhs - (330) 672-2322

World Health Organization: www.who.int

Centers for Disease Control & Prevention: www.cdc.gov

HEALTH ALERT, page 2 December, 2014

MUMPS: a contagious viral illness

Symptoms: mumps causes fever, headache, loss of appetite and swollen glands over the jaw.

Incubation period: can be from **14-25 days**. Persons with mumps are usually considered most infectious 1-2 days before and until 5 days after the onset of swollen glands. If you develop symptoms of mumps, seek medical care promptly. Call University Health Services (330) 672-2322.

Immunization: The vaccine (MMR) is available at University Health Services. ****All KSU students are required to be immunized against mumps and to submit their immunization records to University Health Services.****

Prevention: Become immunized, cover coughs, discard soiled tissues, and wash hands frequently.

MEASLES: a highly contagious viral illness

Symptoms: measles causes fever, runny nose, cough, conjunctivitis, a rash all over the body, and may lead to serious complications.

Incubation period: Usually is **7-21 days** from exposure. If you have been exposed to measles and develop symptoms, seek medical care promptly. Call University Health Services (330) 672-2322.

Immunization: The vaccine (MMR) is available at University Health Services. ****All KSU students are required to be immunized against measles and to submit their immunization records to University Health Services.****

Prevention: Become vaccinated, practice good hand washing, and cover coughs.

POLIO: a contagious viral illness

Symptoms: are fever, nausea, and headache, sometimes leading to paralysis.

Countries Affected: Cameroon, Pakistan, Syria, Afghanistan, Equatorial Guinea, Ethiopia, Iraq, Israel, Somalia, and Nigeria.

Incubation period: **7-10 days** with a range of 6-20 days. If you have traveled from these countries recently and develop symptoms of polio, SEEK MEDICAL CARE immediately. Call University Health Services (330) 672-2322. If you are seriously ill, go to an emergency room or call 911. *Advise the healthcare providers of your travel history.*

Immunization: A vaccine is available to prevent polio; anyone traveling to the affected countries should receive a booster dose of this vaccine. For more information, call University Health Services (330) 672-2322 or the Portage County Health Department at (330) 296-9919.

CHICKEN POX: a contagious viral illness caused by the Varicella-Zoster Virus (VZV)

Symptoms: varicella causes a blister rash, itching, fatigue, and fever. The rash appears first on the trunk and face and then spreads to the entire body. A person with the disease can spread the disease 1-2 days before they get the rash until all blisters have formed scabs.

Incubation: Usually is **10-21 days** from exposure. If you think you could have this rash, call University Health Services at (330) 672-2322.

Immunization: There is a vaccine available to prevent chicken pox at University Health Services.