

Summary of recommendations for asymptomatic contacts, according to exposure risk to a case during the period of communicability

This document contains the same information as Appendix A in the [Public Health Management of Cases and Contacts of Ebola Disease in the Community Setting in Canada \(2024\)](#) and should be used in conjunction with the complete document. Clinical judgement remains essential for risk assessment and may, along with jurisdictional policies, result in decisions that differ from recommendations provided in this document. See Clinical judgement required to determine risk section to assist with the risk assessment.

In the case of Ebola disease caused by EBOV, also consult Ebola virus vaccine: [Canadian Immunization Guide](#) on the use of rVSV ΔG-ZEBOV-GP (Ervebo) vaccine.

Risk	Exposures	General recommendations	Specific recommendations
No risk	Not meeting any of the criteria for high-risk or low-risk exposures, or the exposure occurred > 21 days ago and therefore the incubation period for Ebola has passed.	Reassurance Education	NIL
Low risk	Not a household or sexual contact of a case but had ONE of the following: <ul style="list-style-type: none"> Physical contact^a, while adhering (with no known breach) to recommended infection prevention and control measures, with: <ul style="list-style-type: none"> the body surface/mucous membranes of a symptomatic Ebola disease case, the individual's body fluids, or dead body, 	Provide information to the contact on how to reach public health officials at any time of the day or night. For 21 days following the last exposure to an orthoebolavirus: <ul style="list-style-type: none"> Receive active public health monitoring for symptoms and counselling. The frequency and method of follow-up to be determined on a case-by-case basis following an initial assessment. 	Essential activities can be maintained but direct contact and populated environments should be avoided.



Risk	Exposures	General recommendations	Specific recommendations
	<ul style="list-style-type: none"> ○ objects or surfaces potentially contaminated with orthoebolaviruses (such as bedding, clothing, medical instruments, laboratory specimens) ○ an infected animal (dead or alive) ● Stayed in an Ebola disease-affected area, but does not meet any high-risk criteria 	<ul style="list-style-type: none"> ● Self-monitor for symptoms of Ebola disease, including the documentation of oral temperature twice daily (AM and PM) and immediately if feeling chills/feverish. ● Develop a plan to isolate and access healthcare if symptoms occur ● Avoid medications that lower fever (for example, acetaminophen, nonsteroidal anti-inflammatory medications) as they could mask early symptoms of Ebola disease. 	
High risk	<p>Household and/or sexual contact of a case</p> <p>Had physical contact^a, without adhering to recommended infection prevention and control measures or following a breach in infection prevention and control measures, with:</p> <ul style="list-style-type: none"> ● the body surface/mucous membranes of a symptomatic Ebola disease case, the individual's body fluids, or dead body 	<ul style="list-style-type: none"> ● Advise all healthcare providers, including paramedical services, of the potential Ebola disease exposure. ● Postpone elective medical visits and procedures. ● Do not donate blood, sperm and other body fluids, organs or tissue. ● Maintain good infection prevention and control measures with regards 	<p>Do not have direct contact with others outside of the household, including:</p> <ul style="list-style-type: none"> ● Do not attend public places (for example, do not attend workplace, school, childcare centres, stores, funerals, religious gatherings, social events) except for seeking essential, non-elective medical care. ● Do not travel on public/commercial conveyances (such as a bus, train, taxi, airplane)

Risk	Exposures	General recommendations	Specific recommendations
	<ul style="list-style-type: none"> objects or surfaces potentially contaminated with orthoebolavirus (such as bedding, clothing, medical instruments, laboratory specimens) an infected animal (dead or alive) <p>Unprotected contact with semen from an individual recently recovered from Ebola disease.</p> <p>A child exposed to breastmilk of an individual with Ebola disease.</p>	<p>to body fluids, regular cleaning of washrooms and good hand hygiene</p> <ul style="list-style-type: none"> Report any travel intentions outside of the public health jurisdiction to the public health authority. Travel outside the public health jurisdiction during the 21-day monitoring period requires careful consideration of risk and should not occur without prior discussion with, and agreement of public health authorities at the point of origin and the destination. <p>If symptoms compatible with Ebola disease develop, immediately isolate and notify public health officials.</p>	<ul style="list-style-type: none"> Do not have visitors into the house. <p>Minimize or avoid direct contact where possible with those in their household, including abstaining from sexual contact and breastfeeding for the duration of the 21-day period (e.g., separate bedrooms, separate bathrooms, activities of daily living, such as dishes and laundry, done separately).</p> <p>Avoid all animal contact, if possible. If animal contact can not be avoided, measures should be taken to reduce the chance that an animal would be considered exposed if the person develops symptoms. Consult with appropriate public health and animal health officials as necessary.</p>

^a Physical contact includes being in close proximity of an Ebola disease case, especially if the case is coughing, vomiting, bleeding externally or has diarrhea, based on a risk assessment. See Clinical judgement required to determine risk section in *Public Health Management of Cases and Contacts of Ebola Disease in the Community Setting in Canada (2024)*.

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LEADERSHIP, PARTNERSHIP, INNOVATION AND ACTION IN PUBLIC HEALTH.**
—Public Health Agency of Canada

Également disponible en français sous le titre :
Résumé des recommandations pour les contacts asymptomatiques, en fonction du risque
d'exposition à un cas pendant la période de transmissibilité

To obtain additional information, please contact:

Public Health Agency of Canada
Address Locator 0900C2
Ottawa, ON K1A 0K9
Tel.: 613-957-2991
Toll free: 1-866-225-0709
Fax: 613-941-5366
TTY: 1-800-465-7735
E-mail: publications-publications@hc-sc.gc.ca

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Publication date: August 2024

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Cat.: HP40-367/2024E-PDF
ISBN: 978-0-660-72950-3
Pub.: 240407