

# CDC CARE CARD

## KEEP THIS CARD WITH YOU AT ALL TIMES

1. Report your temperature and any symptoms to your health department every day.
2. If you have a fever (you feel feverish or have a temperature of 100.4°F/38°C or above) or any Ebola symptoms, **do not** go out in public! Get care **immediately** by calling **your state or local health department**.
  - If you cannot talk to someone at your health department right away, call CDC at 1-800-232-4636.
  - If you have a medical emergency, call 911 and tell them you are being monitored for Ebola.
  - Show this card right away if you seek medical care.

## HEALTHCARE PROVIDERS

**This person has recently returned from a country that has an Ebola outbreak. Please do the following:**

1. Place this patient in a private room (isolated from others, with a private bathroom).
2. Notify your health department.

If you are unable to reach your local or state health department, call the CDC Emergency Operations Center for assistance: 770-488-7100.

**U.S. Centers for Disease Control and Prevention**

**For more information, visit [www.cdc.gov/ebola](http://www.cdc.gov/ebola)**