# Public health recommendations for asymptomatic contacts of an Ebola case in the UK

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| **Category 0** (no known contact with Ebola case) | • reassure  
• information |
| **Category 1** (no direct contact in last 21 days) | • reassure (very low risk of exposure)  
• information (category 1 factsheet)  
• if feeling ill take temperature, and if ≥37.5°C phone 111  
• normal activities (no restrictions) |

Household contact of case while case asymptomatic and no direct contact with their body fluids or other potentially infectious material

**OR**

UK MoD/NHS Aeromed staff undertaking a controlled patient transfer

**OR**

clinical staff if patient in Trexler or other controlled environment

**OR**

PHE laboratory staff in level 4 diagnostic laboratory
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| **Category 2** (direct contact in last 21 days – low risk of exposure) | • reassure (low risk of exposure)  
• information (category 2 factsheet)  
For 21 days following last exposure:  
• self-monitor and record temperature and symptoms x2 daily and report if feel unwell and/or temperature ≥37.5°C  
• travel – no restrictions  
• normal activities except: postpone any non-essential medical or dental treatment (including vaccination), and inform healthcare provider of contact if any essential treatment needed  
if unwilling to comply with public health recommendations, consider actions on a case-by-case basis |
<p>| Household or other direct contact with Ebola case while symptomatic, but no contact with body fluids (including contact prior to onset of bleeding or vomiting or diarrhoea) |                                                                                                             |
| <strong>OR</strong>                                                                 |                                                                                                             |
| Direct (close) contact with Ebola cases or their body fluids, but trained and wore appropriate protective equipment/clothing (PPE), and had no known breaches in PPE |                                                                                                             |
| <strong>OR</strong>                                                                 |                                                                                                             |
| Laboratory staff in non-level 4 facilities who have had no breach of laboratory practice/PPE |                                                                                                             |</p>
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| **Category 3** (direct contact in last 21 days – high risk of exposure) | • inform about risk (high risk of exposure)  
• information (category 3 factsheet)  
For 21 days following last exposure:  
• self-monitor and record temperature and symptoms x2 daily and report to designated person by noon daily. If there is inability to take temperature a face-to-face arrangement will be made with relevant health services  
If willing to comply with public health recommendations, normal activities (while no symptoms) **except:**  
• local travel only  
• if a HCW – no patient contact for 21 days  
• postpone any non-essential medical or dental treatment (including vaccination) and inform healthcare provider of contact if any essential treatment needed  
• do not share toothbrushes or razors  
• use barrier contraception or avoid unprotected sex for 21 days  
If unwilling to comply with public health recommendations, consider actions on a case-by-case basis |

- Direct contact with a case at home once symptomatic with potential exposure to body fluids, includes vomit, faeces, kissing and/or sexual contact
- **OR**
- Unprotected sexual contact with a recovered Ebola case within three months of their illness
- **OR**
- Direct (close) contact with Ebola cases or their body fluids without effective PPE, or where there has been a breach
- **OR**
- Direct exposure of skin or mucous membranes to potentially infectious blood or body fluids, including on clothing and bedding. This includes:
  - unprotected handling of clinical or laboratory specimens
  - mucosal exposure to splashes
  - needlestick injury

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