

Direct Active Monitoring Protocol

The Winnipeg Health Region (WHR) is dedicated to a safe environment for all.

While Ebola virus disease (EVD) is not indigenous to Canada, international travel and the presence of the National Microbiology Laboratory (NML) may provide the opportunity for the transport and introduction of these agents or infected individuals. There has never been a confirmed case of EVD in Manitoba or Canada.

The WHR has designed a directive for Personal Protective Equipment (PPE) which meets or exceeds the recommendations of the Public Health Agency of Canada and Manitoba Health. As a staff member who cares for patients under investigation, as well as probable and confirmed cases of EVD, you have been trained in Routine Practices and Enhanced Droplet/Contact Precautions as these precautions relate to EVD, including appropriate use of PPE.

The risk of Ebola transmission is low. Becoming infected requires direct contact with the bodily fluids (e.g., vomit, feces, urine, blood, semen) of people who have been infected with or died from EVD, or contact with equipment and/or environment soiled with contaminated body fluids (e.g., used needles). The severity of the exposure must be also be considered based on

- type of exposure (percutaneous, non-intact skin, or mucu-cutaneous)
- fluid type
- exposure severity (volume and duration)

These details have been discussed with an Infectious Disease (ID) specialist who has recommended Direct Active Monitoring.

What is Direct Active Monitoring?

Direct active monitoring occurs under the direction of WRHA Occupational and Environmental Safety and Health (OESH). It involves taking your oral temperature twice daily and checking for early signs and symptoms of EVD including severe headache, muscle pain, malaise, sore throat, vomiting, diarrhea and rash. Direct active monitor continues for 21 days and includes: direct observation by the Occupational Health Nurse at least once a day to review possible early signs and symptoms and temperature check, second follow up per day done by telephone, temperatures recording twice daily on the Temperature Monitoring Form which is kept on the Occupational Health file. If you develop a fever or any of the symptoms listed on the form you must self isolate and immediately report this to WRHA OESH by calling 204-232-9075.

Why Direct Active Monitor?

Ebola is not infectious unless symptoms appear, and there is a low risk for transmission during the early stages. This is different from other illnesses, such as influenza, which can be infectious before symptoms appear. Direct Active monitoring of temperature and signs/symptoms provides timely assessment to an unlikely potential exposure. Remember: becoming infected requires direct/indirect contact with the blood/bodily fluids of infected people. Caring for patients under investigation, or those considered probable or confirmed cases **does not** mean you're exposed. Strict compliance with IP&C precautions is mandatory to avoid potential exposure to infectious material.

Is it safe to Direct Active Monitor at Home with my Family?

Yes it is. Direct Active monitoring is a preventive measure to protect you and your family. As mentioned above, Ebola is not infectious unless symptoms appear.

Please note an increase in temperature alone does not indicate EVD.