
Flu season is fast approaching and, given recent events in regard to the Ebola virus, we want our SCKESC staff to have information about the Ebola virus as well as to what we are doing to prevent the spreading of any infectious diseases and what you can do as well. Please refer to our website for resources along with the information below.

Ebola Virus: General Facts

- Ebola cannot be contracted via food, water, or air. Ebola can only be transmitted if a person or animal who has the virus is exhibiting symptoms and their bodily fluids come into contact with you through broken skin or through your eyes, nose, or mouth.
- Ebola's incubation period is 2 – 21 days (average 8 – 10 days). Symptoms include high fever (101.5 F or higher), severe headache, muscle pain, vomiting, diarrhea, stomach pain, and unexplained bleeding or bruising.
- No FDA-approved vaccine is available yet, but experimental treatments are under development.

The number one thing we can and must all do to protect ourselves from infectious disease is practice good hygiene. Hand washing, use of antibacterial products, covering coughs on shirtsleeves, and refraining from attending work when having a fever are simple, yet the most effective health strategies. As well, flu shots have proven to be very effective in minimizing flu outbreaks.

SCKESC is making arrangements for more frequent cleaning rotations at all locations for the highest-trafficked areas such as doorknobs, bathrooms, food areas, water fountains, and surfaces.

Coming to Work While Sick (page 56 in employee handbook)

In an effort to retain a healthy work-environment employees are required to remain at home when sick with the following symptoms; a fever of 100 degrees or more; vomiting; diarrhea; or any other contagious health threatening illness. Employees must remain at home for at least 24 hours or until fever free for 24 hours without medication or as directed by your physician.

Should you have any questions or concerns regarding SCKESC procedures and/or the resources on our website, please contact Shelley Wellington, HR Coordinator, [620-584-3300](tel:620-584-3300) or swellington@sckesc.org.