

Address:

Date 02 December 2014
Your Ref
Our Ref KS/Ebola/Dec14

Enquiries to
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Email NSS.HPSEbolaenquiries@nhs.net

Dear Parent/Carer

School children travelling home to African countries at Christmas

As Christmas approaches, some of the school pupils in Scotland may be planning to travel home to spend the holiday period with their friends and families.

A number of pupils attending schools in Scotland come from African countries but very few are from the main Ebola-affected countries (Liberia, Guinea, and Sierra Leone).

Families should be advised that they should prepare for travel with appropriate vaccinations and antimalarial tablets, should avoid travelling if they are feverish or unwell and should practice good hygiene (especially hand washing) and take care with food and water while away.

If they intend to travel to Ebola – affected countries they should be advised to reduce their risk of infection by following these precautions:

- Avoid contact with body fluids of infected people or the bodies of those who have died from the disease.
- Practise good hand hygiene at all times
- Avoid eating or touching meat or carcasses from wild animals (“bush meat”)
- Avoid unprotected sex

It is helpful for all returning families to be aware that they should present for medical assessment if they develop a fever and / or other symptoms, particularly if they have recently been travelling in tropical countries. We see imported cases of malaria every year in Scotland and this will be the most likely diagnosis in a person from a malarious area. It is important that this is diagnosed and treated as soon as possible.

Guidance on Ebola in schools and universities is available on the HPS website Ebola pages:
<http://www.hps.scot.nhs.uk/travel/viralhaemorrhagicfever.aspx>

Yours Sincerely



Dr. Kitty Smith
Lead, Viral Haemorrhagic Fevers, Health Protection Scotland

Chair Professor Elizabeth Ireland
Chief Executive Ian Crichton
Interim Director Kate Harley

*NHS National Services Scotland is the common name of the
Common Services Agency for the Scottish Health Service*

