

Do you feel unwell? Do you have symptoms such as fever (e.g. pale skin, sweating or shivering), diarrhoea and vomiting, and weakness?



If **NO**, continue as normal



If **YES**, ask these questions

Have you arrived from Guinea, Liberia or Sierra Leone or spent any time in these countries within the past 21 days, or been in contact with someone who has been diagnosed as having Ebola?



If **NO**, you are advised to stay away from work/study until you feel better. If necessary, visit your doctor or an NHS walk-in clinic.



If **YES**

- Contact the local National Health Service for advice by phoning 111. If you feel seriously ill, phone 999.
- Tell them that you have recently been in West Africa (specify the country) and describe your symptoms.
- Do not travel to hospital or health centre, stay at home and out of direct contact with other people.
- The health services will provide advice and arrange for you to be seen in a hospital if necessary so the cause of your illness can be determined.
- Ask a friend or colleague to phone University Security on 0118 378 6300 to explain what is happening.