

U.S. Embassy Lusaka, Zambia
Message for U.S. Citizens: Ebola Virus Disease

August 20, 2014

The U. S. Embassy would like to share with U.S. citizens living in Zambia the following guidance from the Centers for Disease Control and Prevention (CDC) regarding the Ebola Virus Disease (EVD) and suggested precautions for travelers who have visited Liberia, Sierra Leone, Guinea, and Nigeria.

At this time, there have been no confirmed cases of EVD in Zambia. CDC urges avoiding nonessential travel to Guinea, Liberia, and Sierra Leone. Persons that must travel, such as for humanitarian aid work in response to the outbreak, should follow CDC's advice for avoiding contact with the blood and body fluids of people who are ill with Ebola. Persons who are returning from a country with reported EVD cases who have not had direct contact with the body fluids of symptomatic infected persons or animals, or objects that have been contaminated with body fluids, should monitor their health for ten days. Those with a potential exposure should monitor their health for 21 days following exposure. Any traveler who becomes ill while traveling to an affected country or within 21 days after return, even if only a fever, should consult a health-care provider immediately and tell him or her about their recent travel and potential contacts. For complete up-to-date guidance, please check the [CDC website: http://www.cdc.gov](http://www.cdc.gov) directly or call 1-800-CDC-INFO (1-800-232-4636) from within the United States, or 1-404-639-3534 from overseas.

The U.S. government through the Centers for Disease Control and Prevention (CDC) is working closely with the Zambian government and understands the Ministry of Health and Disaster Management and Mitigation Unit are developing contingency plans on this issue. Per the Ministry of Health's August 8 press release, these plans include additional screening of travelers entering Zambia, especially anyone who has recently traveled to one of the affected countries (Liberia, Guinea, Nigeria, and Sierra Leone), and limiting entry to Zambia from one of the outbreak countries to essential travel only.

The Zambian Ministry of Health has set up the following phone numbers and email for queries and to report any suspected cases of Ebola:

+260966841062, +260977421611, +260962771859, and +260955411988

Email: info@moh.gov.zm

Some airlines have decreased service but flights are available in and out of cities in affected countries. Travelers should monitor airlines to verify seat availability and be aware of alternate airlines that service their destination. You can find a real-time list of departures from major cities by entering the airport code at www.flightstats.com.

We strongly recommend that U.S. citizens traveling to or residing in Zambia enroll in the [Department of State's Smart Traveler Enrollment Program \(STEP\)](#) at www.Travel.State.Gov. STEP enrollment gives you the latest security updates, and makes it easier for the U.S. embassy to contact you in an emergency. If you don't have Internet access, enroll directly with the nearest U.S. embassy.

Regularly monitor the State [Department's website](#), where you can find current Travel Warnings, Travel Alerts, and the Worldwide Caution. Read the [Country Specific Information for Zambia](#). For additional information, refer to "A Safe Trip Abroad" on the State Department's website.

Contact the U.S. Embassy for up-to-date information on travel restrictions. You can also call 1-888-407-4747 toll-free in the United States and Canada or 1-202-501-4444 from other countries. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays). Follow us on [Twitter](#) and [Facebook](#), and download our free Smart Traveler app, available through [iTunes](#) or [Google Play](#), to have travel information at your fingertips.

The U.S. Embassy in Lusaka is located on Ibex Hill and is open Monday through Thursday from 0730 to 1730 and on Fridays from 0730 to 1130. The Consular Section can be contacted at 0211-357-000 or via email at ACSLusaka@state.gov. If you are a U.S. citizen in need of urgent assistance, **the emergency number for the U.S. Embassy is +260 (0) 966-877-805.**