

# EBOLA

## Fast Facts Flyer

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### WHAT IS EBOLA?

- Ebola is also known as Ebola Virus Disease (EVD) or Ebola Hemorrhagic Fever (EHF). There are five Ebola subspecies, four of which are known to cause the disease.
- Ebola was first identified in 1976 near the Ebola River in the country now known as the Democratic Republic of the Congo.
- All suspected cases of viral hemorrhagic fever viruses must be reported immediately to the Alabama Department of Public Health.

### WHAT IS MY RISK OF GETTING EBOLA?

- People at highest risk of contracting Ebola include those who travel to countries with active Ebola outbreaks and are:
  - Healthcare workers
  - Family and friends of an Ebola patient that were in direct contact with the person who was infected with the virus.

### WHAT ARE THE SYMPTOMS OF EBOLA?

- If you have traveled to countries with active Ebola outbreaks within the last 3 weeks, and develop symptoms that include fever (greater than 101.5°F) and any of the following:
  - Severe headache
  - Muscle pain
  - Weakness
  - Diarrhea
  - Vomiting
  - Abdominal (stomach) pain
  - Lack of appetite
  - Unusual bleeding
- Symptoms may appear anywhere from 2 to 21 days after exposure to a person with Ebola, although 8-10 days is most common.

## HOW DOES EBOLA SPREAD?

- Ebola is spread through direct contact (through broken skin or mucous membranes) by:
  - Person-to-person: Ill person's body fluids (blood, urine, saliva, feces, vomit, and semen)
  - Surface-to-person: objects (such as needles) contaminated with infected body fluids
  - Animal-to-person: Contact with infected animals in Africa (wild animals hunted for meat or bats)
- Ebola cannot be spread by air, water, or food.

## HOW DO I STOP THE SPREAD?

- Don't travel to countries where the disease is active. [wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices).
- If you must travel to an area with known Ebola cases, do the following:
  - Practice careful hygiene. Avoid contact with blood and body fluids.
  - Do not handle items that may have come in contact with an infected person's blood or body fluids.
  - Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
  - Avoid contact with bats, primates, and blood, fluids, and raw meat prepared from these animals (bushmeat).
  - Avoid hospitals where Ebola patients are being treated.
  - After you return, monitor your health for 21 days and call your health care provider immediately if you develop symptoms of Ebola. Use the Self Monitor Chart at [www.adph.org/ebola/assets/ADPHSelfMonitorChart.pdf](http://www.adph.org/ebola/assets/ADPHSelfMonitorChart.pdf) to document monitoring.

## WHAT IS THE TREATMENT FOR EBOLA?

- There is no vaccine or medicine (e.g., antiviral drug) licensed in U.S.
- Treat Ebola symptoms as they appear. Used early, supportive care may increase the chances of survival. For example:
  - Providing intravenous fluids and balancing electrolytes (body salts)
  - Maintaining oxygen status and blood pressure
  - Treating other infections as they occur

## WHERE CAN I FIND MORE INFORMATION?

Go to [cdc.gov](http://cdc.gov) and type Ebola in SEARCH box.

