What is Ebola?
• Ebola is caused by a virus
• Ebola has been around since 1976
• There is no vaccine to prevent Ebola
• Ebola is very rare
• Early treatment is important

Who is at Risk?
• The highest risk is to:
  • friends & family members
  • healthcare workers

How does it spread?
• You can’t get Ebola through air
• You can’t get Ebola through water
• You can’t get Ebola through food
• You can only get Ebola from:
  • The body fluids of a person who is sick or has died from Ebola. Body fluids are:
    Blood  Vomit
    Spit  Semen
    Sweat  Urine (pee)
    Feces (poop/diarrhea)  Other fluids
  • Contaminated objects (needles, medical items, clothes, bedding)
  • Infected animals (blood or fluids or infected meat)

What are the signs of Ebola?
Symptoms can start within 2 days of infection

Early Stages
- Fever (higher than 101.5 degrees)
- Severe Headache
- Stomach Pain
- Loss of appetite
- Tiredness

Later Stages
- Red Eyes
- Rash
- Throwing Up (maybe blood)
- Diarrhea (maybe blood)
- Unexplained Bleeding

What to do if you are at risk
• Call your doctor or hospital RIGHT AWAY if you have any symptoms.
• Tell your doctor about recent travel to West Africa or contact with a person who was sick with Ebola.
• Check for signs and symptoms of Ebola for 21 days:
  • Severe headache
  • muscle pain • vomiting • diarrhea
  • stomach pain • unexplained bleeding • bruising
• Call before you go to the doctor’s office or emergency room. This helps the staff care for you and protect other people.
  Listen to the doctor’s advice.

Prevent spreading
• Wash hands frequently - use soap/alcohol-based hand sanitizer
• Do NOT touch the blood or body fluids of people who are sick
• Do NOT handle items that may have come in contact with a sick person
• Do NOT touch the body of someone who has died of Ebola