

# EBOLA FACTS

## 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:

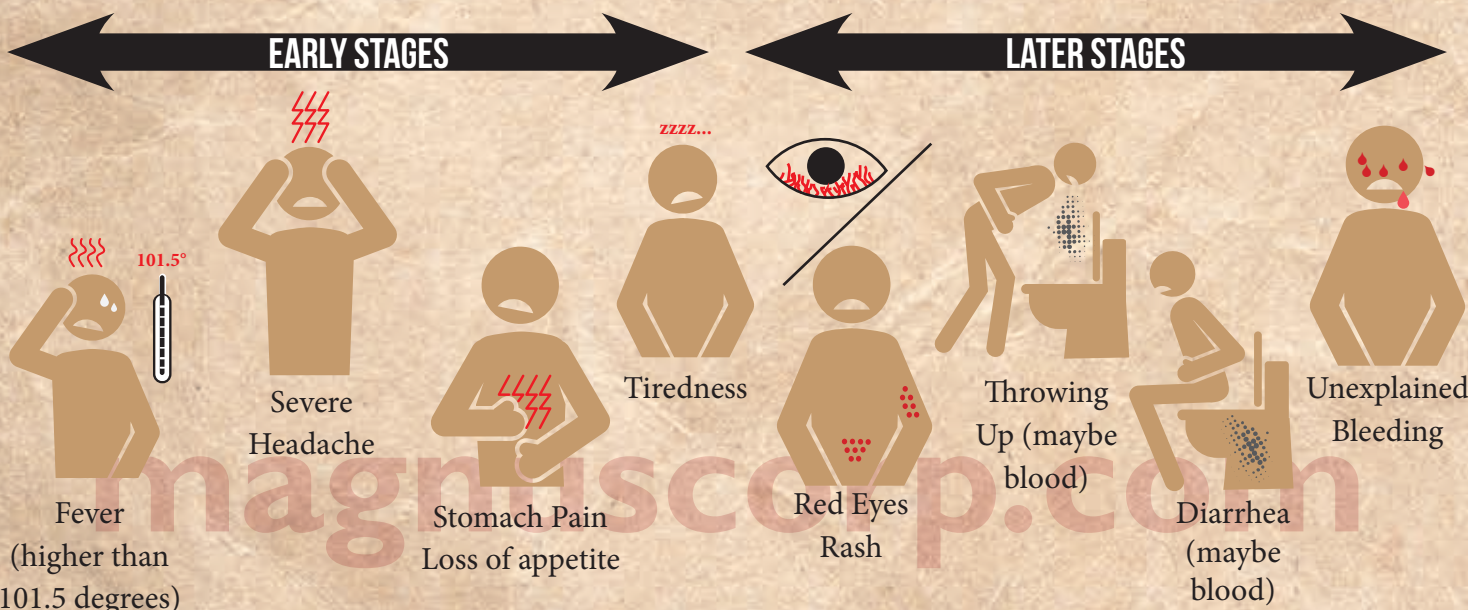
Blood	Vomit
Spit	Semen
Sweat	Urine (pee)
Feces (poop/diarrhea)	Other fluids

- 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



## 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

