

Ebola Fast Fact Flyer

What is Ebola?

- Ebola, also known as Ebola Virus Disease (EVD) or Ebola Hemorrhagic Fever (EHF), is caused by a virus and is one of five known viral hemorrhagic fever viruses.
- Ebola was first identified in 1976 near the Ebola River in the country now known as the Democratic Republic of the Congo.
- All viral hemorrhagic fever viruses must be reported immediately to the Alabama Department of Public Health.

What is my risk of getting Ebola?

- All known cases of human illness or death have occurred in Africa.
- No cases have been reported in the United States (U.S.), except the two U.S. healthcare workers who were infected with Ebola in Liberia, Africa and transported to a hospital in the U.S.
- 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 patients who have Ebola or have died from Ebola who were in direct contact with the person who was infected.

What are the symptoms 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 follow:
 - 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.
- 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 healthcare provider immediately if you develop symptoms of Ebola. Use Self Monitor Chart at www.adph.org/bcd/assets/Self_Monitor_Chart.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. Supportive care used early, 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 and type Ebola in SEARCH box.

