



WHAT YOU NEED TO KNOW

## EBOLA FACT SHEET

### What is Ebola?

Ebola is a family of viruses that cause Ebola Virus Disease. EVD is a rare viral infection native to West Africa. It occurs naturally in primates or fruit bats.

### What are the symptoms?

- Fever
- Severe headache
- Muscle pain
- Weakness
- Fatigue
- Diarrhea
- Vomiting
- Stomach pain
- Unexplained bleeding (Hemorrhage)
- **Symptoms appear usually 2 to 21 days after exposure. Average is 8 to 10 days. Recovery depends on good clinical care and the patient's immune response.**

### How can it be prevented?

- Those at highest risk are healthcare workers. Proper protective measures are essential in preventing infection.
- If traveling to an infected country; practice careful hygiene, do not handle possibly contaminated objects, avoid burial or funeral rituals that involve handling someone who died from Ebola, avoid contact with bats or nonhuman primates (including fluid, blood or meat).
- Monitor your health for 21 days after returning. Contact health officials immediately if any symptoms develop.

### How can it be spread?

- Direct contact with body fluids of a person who is sick with or has died from Ebola (Blood, vomit, urine, feces, sweat, semen, spit or other fluids.)
- Objects contaminated with the virus (needles, medical equipment)
- Infected fruit bats or primates.
- Avoid sexual contact with anyone who has recovered from EVD for up to 1 year.
- It is not spread through air, water, food, or casual contact.

### How it is treated?

- No antivirals, FDA approved vaccine or medicine exists for treating Ebola.
- Basic interventions can significantly improve survival chances (IV fluids and electrolytes, maintain oxygen status and blood pressure, treating other infections that occur.)