

EBOLA FACT SHEET

What is Ebola?

Ebola is a family of viruses that causes Ebola Virus Disease (EVD). 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 usually appear 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?

- Healthcare workers are at highest risk of infection. Proper protective measures for those in the healthcare field are essential to preventing infection.
- If traveling to a country where Ebola is present:
 - ◇ 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.
- Avoid sexual contact with anyone who has recovered from EVD for up to 1 year.

More Information: <http://www.cdc.gov/vhf/ebola>

How can it be spread?

EVD can be spread through:

- Direct contact with body fluids of a person who is sick with or has died from Ebola (Blood, vomit, urine, feces, sweat, semen, saliva, breast milk, or other fluids.)
- Objects (such as needles and syringes) contaminated with the virus
- Infected fruit bats or primates

It cannot be spread through air, water, food, or casual contact.

How is it treated?

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

