

EBOLA FACT SHEET

What is Ebola?

Ebola is a family of viruses that causes Ebola Virus Disease (EVD). EVD is a rare, severe viral infection native to Africa. It is uncertain which wild animals carry Ebola, but it has been found in bats and nonhuman primates (apes or monkeys). Most outbreaks occur in Africa. **There has not been a case of Ebola in the United States since 2014.**

What are the symptoms?

Early symptoms may include:

- Fever
- Aches and pains, severe headache
- Sore throat
- Weakness and fatigue

Symptoms may progress to:

- Stomach pain, diarrhea, vomiting
- Unexplained bleeding (hemorrhage)

Later, an infected person may experience:

- Red eyes, skin rash, hiccups

Symptoms usually appear 2 to 21 days after exposure, averaging 8 to 10 days. Recovery depends on good clinical care and the patient's immune response.

How can it be prevented?

- The FDA approved vaccine, EVERBO, is safe and protective for adults at high risk of exposure.
- 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 Ebola for up to 1 year.

How is it spread?

For a person to spread Ebola to others, they must have:

- Been in an area within the last 21 days where Ebola disease is occurring

AND

- Been in 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)

AND

- Developed Ebola symptoms

It is only spread person to person AFTER symptoms begin.

It may be spread from sick or dead wild animals.

It cannot be spread through air, water, food, or casual contact. There is no evidence of mosquitoes or dogs spreading Ebola.

How is it treated?

- FDA approved monoclonal antibody treatments (Inmazeb and Ebanga)
- Supportive care that includes:
 - ◊ IV fluids and medications to reduce vomiting and diarrhea
 - ◊ Treating other infections if they occur

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

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

3/2023

