

Ebola

Frequently Asked Questions (FAQ) Sheet (UPDATED: January 7, 2016)



What is Ebola?

Ebola is a severe, often fatal, hemorrhagic disease caused by the Ebola virus. A person who is exposed to Ebola virus may develop symptoms of the disease in 2 to 21 days.

What are the symptoms?

Symptoms of Ebola can include:

- Fever
- Headache
- Joint and Muscle Aches
- Diarrhea
- Vomiting
- Stomach Pain
- Lack of Appetite
- Abnormal Bleeding

How does Ebola spread?

Ebola is spread through direct contact with the blood or other bodily fluids of a sick person. It can also be spread through funeral rites that involve touching the body of a person who died from Ebola. Ebola is not spread through food, water, or the air.

Where has Ebola occurred?

Ebola is found in several African countries. It was first discovered in 1976 in what is now the Democratic Republic of the Congo. Since then, outbreaks have appeared sporadically in Africa. An updated list of Ebola-affected countries is available at: <http://www.cdc.gov/vhf/ebola/outbreaks/history/chronology.html>.

Am I at risk for getting Ebola?

You may be at risk of getting sick with Ebola if it has been less than 21 days since you:

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluid from a person sick with Ebola.
- Touched bats, apes, or monkeys or handled or ate bush meat from an Ebola-affected country.
- Touched the body of a person who died from Ebola.

You cannot get Ebola from a person unless they have symptoms of the disease.

You are no longer at risk of getting sick with Ebola if it has been more than 21 days since you had exposure to a person sick with Ebola.

What should I do if I think I have been exposed to Ebola?

If you have been exposed to Ebola, you should monitor your health for 21 days. **If you develop a fever of over 100 degrees, severe headache, or other symptoms listed above, contact your healthcare provider.** Tell them your symptoms, and tell them that you have recently traveled to an Ebola-affected county and/or have been in contact with a person who was sick with Ebola.

How is Ebola prevented?

At present, there is no approved vaccine to prevent Ebola. People who travel to Ebola-affected areas can protect themselves through frequent hand washing; avoiding contact with blood and body fluids; avoiding touching the body of someone who died from Ebola; avoiding hospitals where Ebola patients are being treated; and avoiding contact with bats, primates, and bush meat.