What You Need to Know about Ebola

The 2014 Ebola epidemic is the largest in history

The outbreak is affecting multiple countries in West Africa. Two imported cases, including one death, and two locally acquired cases in healthcare workers have been reported in the United States.

CDC and partners are taking precautions to prevent the further spread of Ebola within the United States.

A person infected with Ebola is not contagious until symptoms appear

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs of Ebola include fever and symptoms like severe headache, fatigue, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

Ebola is spread through direct contact with blood and body fluids

Ebola is spread through **direct contact** (through broken skin or mucous membranes) with

- Blood and body fluids (like urine, feces, saliva, vomit, sweat, and semen) of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

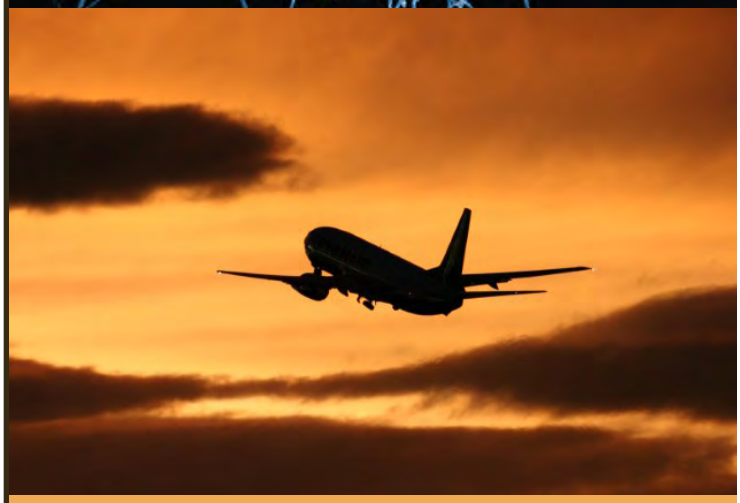
Ebola is **not** spread through the air, water, or food.

Protect yourself against Ebola

There is no FDA-approved vaccine available for Ebola. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness.

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Do **NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- Do **NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.
- Do **NOT** touch the body of someone who has died of Ebola.

Centers for Disease Control and Prevention
Office of the Director
Nov 19, 2014
CS251367C



"The sooner the world comes together to help West Africa, the safer we all will be. We know how to stop this outbreak." *– CDC Director Tom Frieden, MD, MPH*

What to do if you travel to an area with an Ebola outbreak

If you have traveled to an area with an Ebola outbreak, you may be at risk if you

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluids from a person with Ebola.
- Touched bats or monkeys or blood, fluids, or raw meat prepared from these animals.
- Went into facilities where Ebola patients were being treated and had close contact with the patients.
- Touched the body of a person who died of Ebola.

After you return, check for signs and symptoms of Ebola for 21 days

- You will be connected to a health department in your final destination.
- A public health worker will ask you to take your temperature twice a day and watch for Ebola symptoms like severe headache, fatigue (feeling very tired), muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

If you get sick with a fever or other Ebola symptoms

- Get medical care right away.
- Do NOT go out in public until you talk to a public health worker.
- Do what your public health worker told you to do if you got sick.
- If you are not able to speak with someone right away, call:
  - Your state or local health department
  - CDC (1-800-232-4636)
  - 911 if it is a medical emergency and tell them you were in a country with Ebola