



Is it Ebola or the Flu?

Risk Management
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www.cdc.gov/nczod

Ebola

Ebola is a rare and deadly disease caused by infection with an Ebola virus.



How Ebola Germs Are Spread

Ebola can be spread only by direct contact with blood or body fluids from:

- A person who is sick with or who has died of Ebola (also possibly from contact with semen from a man who has recovered from Ebola).
 - Objects, such as needles, that have been in contact with the blood or body fluids of a person sick with Ebola.
 - Infected fruit bats or primates (apes and monkeys).
- Ebola cannot spread in the air or by water or in food.



Who Gets Ebola?

People most at risk of getting Ebola are:

- Health care providers taking care of Ebola patients.
- Friends and family who have had unprotected direct contact with the blood or body fluids of a person sick with Ebola.
- People with a travel history to countries with widespread transmission or exposure to a person with Ebola.



Signs and Symptoms of Ebola

The signs and symptoms of Ebola can appear 2 to 21 days after exposure. The average time is 8 to 10 days. Symptoms of Ebola develop over several days and become progressively more severe.

People with Ebola cannot spread the virus until symptoms appear.

Severe headache
Fever
Muscle pain
Feeling very tired (fatigue)

Weakness (can be severe)
Stomach pain

Vomiting and diarrhea develop after 3 to 6 days
Unexplained bleeding or bruising



Signs and Symptoms of the Flu

Headache
Fever or feeling feverish
Muscle or body aches
Feeling very tired (fatigue)

Sore or stuffy nose
Cough
Sore throat

The signs and symptoms of the flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.

People with the flu can spread the virus before and during their illness.



www.cdc.gov/flu
www.cdc.gov/ebola

Poster in English and Spanish (Front & Back)

Front shown in image