WHAT IS EBOLA?

• Ebola is also known as Ebola Virus Disease (EVD) or Ebola Hemorrhagic Fever (EHF). There are five Ebola subspecies, four of which are known to cause the disease.

• Ebola was first identified in 1976 near the Ebola River in the country now known as the Democratic Republic of the Congo.

• All suspected cases of viral hemorrhagic fever viruses must be reported immediately to the Alabama Department of Public Health.

WHAT IS MY RISK OF GETTING EBOLA?

• All known cases of human illness or death have occurred in Africa.

• While some citizens have been transported back to the United States (U.S.) for treatment and care, there have been no cases of people being infected in the U.S.

• People at highest risk of contracting Ebola include those who travel to countries with active Ebola outbreaks and are:
  – Healthcare workers
  – Family and friends of an Ebola patient that were in direct contact with the person who was infected with the virus.

WHAT ARE THE SYMPTOMS OF EBOLA?

• If you have traveled to countries with active Ebola outbreaks within the last 3 weeks, and develop symptoms that include fever (greater than 101.5°F) and any of the following:
  – Severe headache
  – Muscle pain
  – Weakness
  – Diarrhea
  – Vomiting
  – Abdominal (stomach) pain
  – Lack of appetite
  – Unusual bleeding

• Symptoms may appear anywhere from 2 to 21 days after exposure to a person with Ebola, although 8-10 days is most common.
HOW DOES EBOLA SPREAD?
• Ebola is spread through direct contact (through broken skin or mucous membranes) by:
  – Person-to-person: Ill person’s body fluids (blood, urine, saliva, feces, vomit, and semen)
  – Surface-to-person: objects (such as needles) contaminated with infected body fluids
  – Animal-to-person: Contact with infected animals in Africa (wild animals hunted for meat or bats)
• Ebola cannot be spread by air, water, or food.

HOW DO I STOP THE SPREAD?
• Don’t travel to countries where the disease is active. wwwnc.cdc.gov/travel/notices.
• If you must travel to an area with known Ebola cases, do the following:
  – Practice careful hygiene. Avoid contact with blood and body fluids.
  – Do not handle items that may have come in contact with an infected person’s blood or body fluids.
  – Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
  – Avoid contact with bats, primates, and blood, fluids, and raw meat prepared from these animals (bushmeat).
  – Avoid hospitals where Ebola patients are being treated.
  – After you return, monitor your health for 21 days and call your health care provider immediately if you develop symptoms of Ebola. Use Self Monitor Chart at www.adph.org/bcd/assets/Self_Monitor_Chart.pdf to document monitoring.

WHAT IS THE TREATMENT FOR EBOLA?
• There is no vaccine or medicine (e.g., antiviral drug) licensed in U.S.
• Treat Ebola symptoms as they appear. Supportive care used early, may increase the chances of survival. For example:
  – Providing intravenous fluids and balancing electrolytes (body salts)
  – Maintaining oxygen status and blood pressure
  – Treating other infections as they occur

WHERE CAN I FIND MORE INFORMATION?
Go to cdc.gov and type Ebola in SEARCH box.