

## Ebola (Ebola Virus Disease)

(ih-boh-luh)

### What is Ebola?

Ebola is a rare and deadly virus. Ebola can cause sickness in humans and some animals (bats, monkeys, gorillas, and chimpanzees). Although **the risk of an Ebola outbreak in the United States is very low**, the CDC and state and local health officials are taking precautions to prevent the spread of Ebola.

### What are the symptoms?

Symptoms may appear 2 to 21 days after contact with the Ebola virus and include:

- Fever greater than 100.4°F
- Headache
- Muscle pain
- Weakness
- Diarrhea, sometimes bloody
- Vomiting, sometimes bloody
- Stomach pain
- Unexplained bleeding or bruising

### How does it spread?

A person infected with Ebola can't spread the disease until symptoms appear.

Ebola is spread through **direct contact of broken skin or mucous membranes (eyes, nose, mouth)** with:

- Body fluids (blood, vomit, pee, poop, sweat, semen, spit, other fluids) of a person who is sick with or has died from Ebola.
- Objects that have come in contact with the virus (needles, medical equipment).
- Infected animals (by contact with blood or fluids or infected meat).

After 21 days, if an exposed person does not have symptoms, they will NOT become sick with Ebola.

### Ways You CAN'T Get Ebola

- You can't get Ebola from a person who does not show symptoms.
- You can't get Ebola through the air.
- You can't get Ebola through water.
- You can't get Ebola through food.

### Protect Yourself from Ebola and Other Illnesses

- Do **not** travel to areas where there is an outbreak of Ebola.
- Do **not** touch the body fluids (blood, vomit, pee, poop, sweat, semen, spit, etc.) of a person with Ebola.
- Do **not** touch items (clothes, linens, needles, syringes) that have come in contact with the blood or body fluid of a person with Ebola.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- There is no immunization (shot) to protect against Ebola. But there are immunizations that can keep you safe from the flu, whooping cough and other illnesses you are more likely to catch. See your doctor or local health department to get immunized.

### If You Have Symptoms

- Stay in place to reduce contact with others.
- Contact your doctor, local health department, or the NC Ebola hotline at 1-800-222-1222 for advice.
- **Call your doctor, local health department or 9-1-1 right away** and let them know if you have symptoms **AND** had direct contact with a person who had Ebola or is at risk of getting Ebola.

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### For more information

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