

Ebola Facts

The Ebola virus has been in the news lately and it's natural to be concerned. The most important action you can take right now is to learn the facts about Ebola:

- The general public's risk of getting an Ebola infection in this country is **extremely low**
- There are **no confirmed cases** of Ebola in Washington State

Ebola is spread through direct contact with:

- Body fluids of a person who is sick with or who has died from Ebola (*blood, vomit, urine, feces, sweat, semen, spit or other fluids*)
- Objects contaminated with the virus (*needles, medical equipment*)
- Infected animals (*by contact with blood or infected meat from wild primates or bats*) - this has only occurred in Africa

Ebola is NOT spread through:

- Casual contact
- Water
- Food grown in the United States
- There is no strong evidence Ebola is transmitted through the air

Someone who has Ebola must have symptoms before they can spread the disease to others.

What can you do?

People who have not been in an Ebola affected area of West Africa during the last 21 days or who haven't had close contact with a sick Ebola patient (such as household members of healthcare workers caring for Ebola patients) are likely not at risk for Ebola.

Please remember that not everyone from West Africa has Ebola.

The best thing you can do is to stay informed with the facts about Ebola. Visit srhd.org for more information.

How do you get the Ebola virus?

Direct contact with:

1. Body fluids of a person who is sick with or has died from Ebola (*blood, vomit, urine, feces, sweat, semen, spit, other fluids*)
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Early Symptoms

Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure.

- Fever
- Headache
- Diarrhea
- Vomiting
- Stomach pain
- Unexplained bleeding or bruising
- Muscle pain

When is someone able to spread the disease to others?

Ebola only spreads when people are sick. A patient must have symptoms to spread the disease to others.

After 21 days, if an exposed

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

person does not develop symptoms, they will not become sick with Ebola.

