

Help spread the FACTS about Ebola

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 fluids or infected meat).

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.

Remember: 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 the Washington State Department of Health's website at www.doh.wa.gov

Facts about Ebola

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)
- 2 **Objects contaminated with the virus** (needles, medical equipment)
- 3 **Infected animals** (by contact with blood or fluids or infected meat)

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.



MONTH						
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		

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



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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