

Facts About Ebola

Ebola is spread only by contact with the **blood or body fluids** of a person who is sick with Ebola.

You **cannot** get Ebola through the air, food or water.

Signs & Symptoms

Symptoms appear 2 to 21 days after exposure and include:

- Fever
- Muscle pain
- Diarrhea, sometimes bloody
- Vomiting, sometimes bloody
- Stomach pain
- Unexplained bleeding or bruising

If You Have Symptoms

- Stay in place to minimize contact with others.
- Contact your health care provider for advice.
- Call for immediate help if you have symptoms and have been in contact with a person, here or abroad, who has been diagnosed with or is at risk of Ebola.

Protect Yourself

- Ebola can enter the body through broken skin or unprotected mucous membranes, such as the eyes, nose or mouth.
- Wash your hands often with soap and water.
- Avoid contact with blood or other body fluids of a person sick with Ebola.
- Avoid contact with items (needles and syringes) that have been contaminated with blood or body fluid of a person with Ebola.



To learn more, visit www.cdc.gov/vhf/ebola



Emergency Management