

If you have been to **Sierra Leone, Guinea, or Liberia** in the past month, there is a possibility that you may have been exposed to **Ebola**

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**What is Ebola?** Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

**How does Ebola spread?** You can only get Ebola from:

- Touching the blood or bodily fluids of a person who is sick with or has died from Ebola
- Touching contaminated objects, such as needles
- Touching infected primates or fruit bats

Have you lived in or traveled to any of these countries in the past 21 days?

**Yes**

Get informed.

Contact your local health department.

Discuss your risk with your local health department and create a plan to check in daily until 21 days after travel.

Monitor yourself for any of the following symptoms:

<b>Fever</b>	<b>Headache</b>	<b>Vomiting</b>
<b>Weakness</b>	<b>Diarrhea</b>	<b>Muscle Pain</b>
<b>Unexplained bleeding or bruising</b>		<b>Stomach Pain</b>

If you experience any of the symptoms, **immediately contact your local health department.**

**No**

Get informed.

Share this information.

**Facts *about*  
Ebola  
in the U.S.**

You **CAN'T** get Ebola through **AIR**



You **CAN'T** get Ebola through **WATER**



You **CAN'T** get Ebola through **FOOD** grown or legally purchased in the U.S.



**Ebola is NOT spread through air, water, or food produced in the U.S.**

For more information:

[www.ncdhhs.gov/ebola/](http://www.ncdhhs.gov/ebola/)