What You Need to Know about Ebola

The 2014 Ebola epidemic is the largest in history

While Ebola does not pose an imminent risk to Ohio residents, out of an abundance of caution the Ohio Department of Health is working with local health departments, hospitals, EMS responders, physicians, other health care professionals and state agencies to be prepared.

The first U.S. Ebola case (a traveler from West Africa) was diganosed in Dallas, Texas on September 30.

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

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs of Ebola include fever (higher than 101.5 F) and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, unexplained bleeding or bruising.

Ebola is spread through direct contact with blood and body fluids

Ebola is spread through **direct contact** (through broken skin or mucous membranes) with:

- Blood and body fluids (like urine, feces, saliva, vomit, sweat and semen) of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

Ebola is **not** spread through the air, water, or food but can remain in contaminated clothing, bedding, towels, etc.

If you recently traveled to West Africa or had close contact with a person sick with Ebola, you may be at risk if you

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluids from a person with Ebola.
- Touched bats or non human primates or blood, fluids, or raw meat prepared from these animals.
- Went into hospitals where Ebola patients were being treated and had close contact with patients.
- Touched the body of a person who died of Ebola.

What you should do

- Watch for signs and symptoms of Ebola for 21 days.
- Take your temperature every morning and evening to see if you develop a fever.
- Watch for other Ebola symptoms, like severe headche, muscle pain, vomiting, diarrhea, stomach pain, unexplained bleeding or bruising.
- Call your doctor even if you do not have symptoms. The doctor can evaluate your exposure level and any symptoms and consult with public health authorities to determine if actions are needed.
- Call first before you go to the hospital or your doctor. Calling first will help them take care of you and protect other people.

For more information

Call your local health department

Visit the Ohio Department of Health website at **www.odh.ohio.gov**

Ohio Department of Health

Materials adapted by CDC