

Ebola virus is NOT spread through

- Air
- Water
- Food grown or legally purchased in the U.S.
- Casual contact

How do you get the Ebola virus?

Direct contact with:

- Body fluids of a person who is sick with or has died from Ebola (blood, vomit, urine, feces, sweat, semen, spit, other fluids)
- Objects contaminated with the virus (needles, medical equipment)
- Infected wild animals in Africa

Additional Resources

For more information on Ebola visit these websites

Center for Disease Control and Prevention

<http://www.cdc.gov/vhf/ebola/>

Massachusetts Department of Public Health

www.mass.gov/dph/ebola

City of Worcester

Division of Public Health

Website:

<http://www.worcesterma.gov/ocm/public-health>



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Questions?

Contact the City of Worcester
Division of Public Health at :

**(508)799-8531 or
health@worcesterma.gov**



Photos and Information Courtesy of the Center for Disease Control and Prevention and Massachusetts Department of Public Health:

<http://www.cdc.gov/vhf/ebola/>

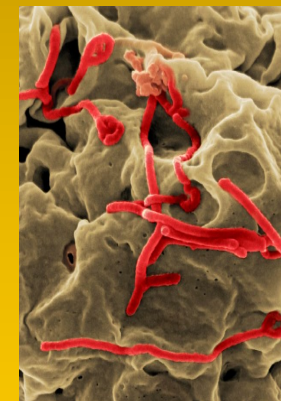
www.mass.gov/dph/ebola

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EBOLA FACTS

"We recognize that even a single case of Ebola in the United States seems threatening, but the simple truth is that we do know how to stop the spread of Ebola between people."

—Beth Bell, MD, MPH, Director of the National Center for Emerging and Zoonotic Infectious Diseases



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



Early Symptoms

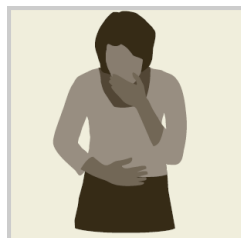
Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2-21 days after exposure.

- **Fever** (most common symptom of Ebola)
- **Headache**
- **Diarrhea**
- **Vomiting**
- **Stomach pain**
- **Muscle pain**
- **Unexplained bleeding or bruising**

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

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Travelers from countries where Ebola is actively spreading, and who were in contact with an Ebola patient in the past 21 days, should:

- ***Call a healthcare provider.***
- ***Call the health department.***
- ***Take their temperature twice a day.***



<http://wwwnc.cdc.gov/travel/diseases/ebola>

EBOLA FACTS

- Ebola is **NOT** spread through the air, water, or food.
- Sneezing and coughing are **NOT** Ebola symptoms.
- Ebola is **NOT** spreading all over Africa.
- People who have recovered from Ebola can **NOT** spread the virus.
- It is **safe** to travel on a plane.
- Traveling to and from Africa is **low risk** for Ebola infection.
- Ebola can **NOT** be spread through casual contact.
- People who have traveled and were exposed to Ebola can **NOT** spread it to others before they have symptoms.

