

# What you Need to Know about *Ebola*



*Ebola, previously known as Ebola hemorrhagic fever, is a rare and deadly disease caused by infection with the Ebola virus, that can cause disease in humans and nonhuman primates (monkeys, gorillas, and chimpanzees). Ebola viruses are found in several African countries. Ebola was first discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo. Since then, outbreaks have appeared sporadically in Africa. The current outbreak is centered around three countries, Liberia, Guinea, and Sierra Leone.*

## **1. 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 (incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs include fever and symptoms like severe headache, muscle pain, vomiting and diarrhea, stomach pain, or unexplained bleeding or bruising.*

## **2. Ebola is spread through direct contact with blood and body fluids**

*Ebola is spread through direct contact (through broken skin or through your eyes, nose, or mouth) 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 like flu, or water and food, like food poisoning.*

## **3. Protect yourself against Ebola**

*There is no FDA-approved vaccine available for Ebola. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety of effectiveness.*

### **To Protect yourself from Ebola**

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer
- **Do NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- **Do NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles or medical equipment
- **Do NOT** touch the body of someone who has died of Ebola

**For more information contact the Oswego County Health Department at 349-3547**

*Oswego County Health Department October 20, 2014*