

### What is Ebola virus disease?

Ebola virus causes a severe infection. It spreads by direct contact with a sick person's blood or other body fluids (like diarrhea, vomit, or urine) or with something contaminated by body fluids. Only people who are sick with Ebola can spread the disease.

The illness starts between 2 and 21 days after exposure. First there is a fever. There can be severe headache, muscle pains, and severe weakness. Vomiting and diarrhea (loose stools) start a few days later. Some people have bleeding. Hospital care can save many people with Ebola.

### What is the risk?

You may be at risk if you have traveled to an area with an Ebola outbreak, had close contact with a person sick with Ebola, touched a person who died of Ebola, or spent time in an Ebola hospital.

### What should I do if I am at risk?

**Follow all the advice of the public health workers. For 21 days:**

- Take your temperature twice a day.
- Let a public health worker check you daily to be sure you are well by a visit or other contact.
- You may be told to stay home from school, work, shopping, and other activities.
- You may be told not to travel on commercial long-distance airplanes, trains, buses, or ships.
- You may be told not to travel using local buses, trains or taxis.
- Take your temperature if you think you have a fever (a fever is at least 100.4° F or 38° C).
- Watch for other Ebola symptoms: severe headache, muscle pain, vomiting, diarrhea (loose or runny stools), stomach pain, or unexplained bleeding or bruising.
- Call the public health worker immediately if you have a fever or any of the symptoms: (LHJ PROVIDES WORKER NAME AND PHONE NUMBER)
- Call the healthcare facility and tell them you may have Ebola: (LHJ PROVIDES DESIGNATED HEALTHCARE FACILITY NAME AND PHONE NUMBER).
- Make a plan for family, pets and work if you get sick.
- Make a plan for getting to the healthcare facility if you get sick (not by bus, taxi or train).

### A note to the doctor:

**This patient was recently in a country with an outbreak of Ebola and may have signs and symptoms consistent with Ebola. However, other more common infectious diseases should also be considered. If the patient has fever, vomiting, diarrhea, or other consistent symptoms the following is recommended:**

- Place the patient in a private room, isolated from others.
- Implement standard, contact, and droplet precautions as outlined in CDC guidance and evaluate the patient using clinical guidance and case definitions provided by CDC:  
<http://www.cdc.gov/vhf/ebola/hcp/infection-prevention-and-control-recommendations.html>
- Notify your local or state public health department about the patient and for testing guidance.
- LHJ number: ###-###-#### If not available call State Department of Health: 206-418-5500