

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



You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.



What is contact tracing?

Contact tracing can stop the Ebola outbreak in its tracks



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Contact tracing is finding everyone who comes in direct contact with a sick Ebola patient. Contacts are watched for signs of illness for 21 days from the last day they came in contact with the Ebola patient. If the contact develops a fever or other Ebola symptoms, they are immediately isolated, tested, provided care, and the cycle starts again—all of the new patient's contacts are found and watched for 21 days. **Even one missed contact can keep the outbreak going.**



Facts about Ebola

Ebola virus is **not** spread through

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

How do you get the Ebola virus?

Direct contact with

- 1 Body fluids of a person who is sick with or has died from Ebola.**
(blood, vomit, urine, feces, sweat, semen, spit, other fluids)
- 2 Objects contaminated with the virus** (needles, medical equipment)
- 3 Infected animals** (by contact with blood or fluids or infected meat)

Early Symptoms

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

- **Fever**
- **Stomach pain**
- **Headache**
- **Unexplained bleeding or bruising**
- **Diarrhea**
- **Muscle pain**
- **Vomiting**

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.



MONTH						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

After 21 days, if an exposed person does not develop symptoms, they will not become sick with Ebola.



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