

# Ebola Update

## Contagion

- The virus is transmitted through close and direct contact with bodily fluids of infected animals or humans: blood, saliva, sweat, urine, semen, and feces.
- The virus is not known to be contagious by aerosol means.
- Infected patients are not known to be contagious unless they are symptomatic (i.e., they are not contagious during the incubation period).

## Signs and Symptoms

- Sudden onset of fever
- Intense weakness
- Joint and muscle pains
- Headache
- Sore throat
- Diarrhea
- Vomiting
- Stomach pain
- Symptoms appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is common.
- These symptoms may be similar to other viral or bacterial illnesses (i.e., malaria).

## Prevention Tips

- Avoid traveling to areas of known outbreaks. Before traveling, check the CDC website on current epidemics.
- Wash your hands frequently. Use soap and water, or use alcohol based hand rubs with at least 60 percent alcohol when soap and water aren't available. Avoid close contact with strangers, even hand shaking.
- Avoid bush meat. In developing countries, wild animals, including nonhuman primates, are sold in local markets. Avoid buying or eating any of these types of meat.
- Decontamination of surfaces: Commercially available disinfectants (Lysol) are effective against Ebola virus: dilute bleach solution: 1 part household bleach to 9 parts water.

## Who is Most at Risk?

- Health care workers caring for infected individuals.
- Family members or others in close contact with infected individuals.
- Mourners or others who have direct contact with the bodies of the deceased as part of burial ceremonies.
- Bush hunters who come in contact with dead animals in the rain forest.