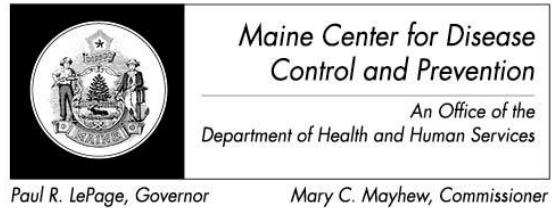


# Ebola Virus Disease

## Fact Sheet



### What is Ebola?

Ebola is caused by a virus. There are four known types of the virus that can infect humans.

### How is it spread?

It is spread through direct contact with the blood, sweat, vomit, feces and other body fluids of an ill person. It can also be spread through contact with an ill animal in the affected countries or exposure to needles or other objects contaminated with the virus.

Individuals exposed can develop symptoms 2 to 21 days after exposure. Patients infected with Ebola who are not showing symptoms are not infectious.

### What are the symptoms?

Symptoms usually include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, and lack of appetite.

In some patients, the symptoms may include: a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside of the body.

### How do I know if I have Ebola?

Ebola is only found through a lab test. Your doctor will order the necessary lab test.

### How is it treated?

There is no approved treatment for the disease. Doctors will treat the symptoms and monitor the patient.

### Are there long term consequences?

Due to how rarely the disease has occurred, little is known about long term effects of having Ebola.

### Can I get Ebola again?

Once a patient has been treated and has recovered, they are likely to be immune to the type of Ebola they were infected with. However, the patient may still be able to become infected with other types of the virus.

### How can it be prevented?

The best way to prevent Ebola is to avoid direct contact with blood and other body fluids of those ill with Ebola.

When traveling to affected countries, avoid contact with bats or monkeys, do not participate in funeral rites there and avoid hospitals where Ebola patients are being treated.

### Where is Ebola found?

Currently, Ebola is only found naturally in certain areas of Africa.

For an updated list of affected countries, visit <http://www.cdc.gov/vhf/ebola/outbreaks/index.html>

### Where can I get more information?

For more information contact your healthcare provider or local health center. You can also contact the Maine Center for Disease Control and Prevention by calling 1-800-821-5821 or visiting [www.maine.gov/idepi](http://www.maine.gov/idepi). The federal Centers for Disease Control and Prevention website for Ebola <http://www.cdc.gov/vhf/ebola/> is another great source of information about the disease.