

Ebola Virus Disease

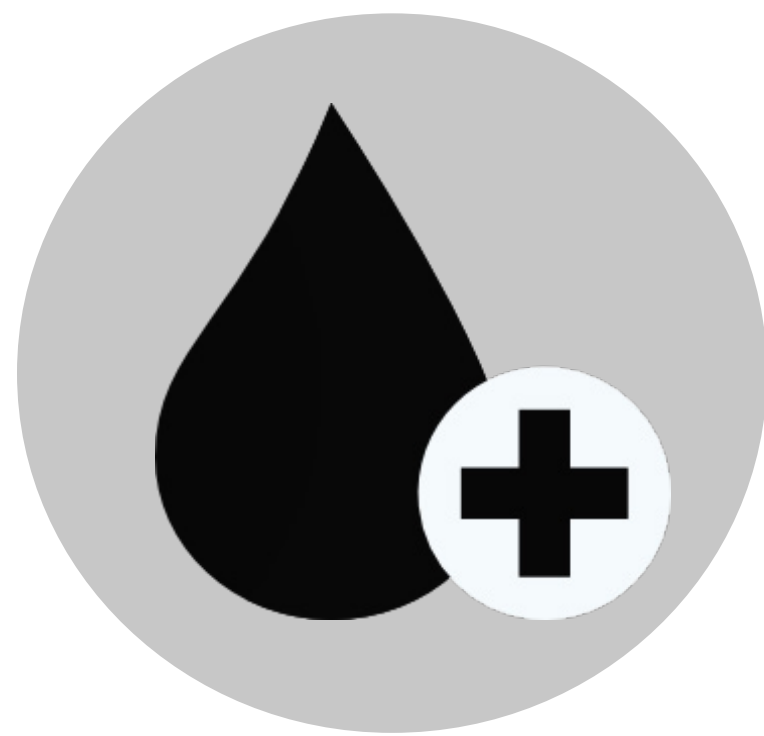
Fact Sheet



Ebola is caused by a virus. There are four types of the virus that can make people sick.

Spread

Ebola spreads through direct contact with:



Blood



Vomit



Feces and urine



Infected animals

Ebola can also spread through sweat, semen, and other body fluids from someone who was sick or died from Ebola. It can also spread through contact with sick animals in the affected countries or exposure to contaminated needles and other objects.

Symptoms



Fever



Headache



Joint and muscle pain



Weakness



Diarrhea



Vomiting

Symptoms also include stomach pain and lack of appetite. Some patients may also have a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside the body. Symptoms usually start 2 to 21 days after exposure.

Where is Ebola Found?

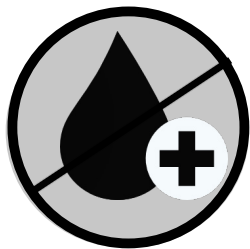


The viruses that cause Ebola are located mainly in West and Central Africa. If you travel to a country with an Ebola outbreak, health officials may reach out to you when you return to the United States. Find more about current Ebola outbreaks here: www.cdc.gov/ebola/situation-summary/.



If you have symptoms of Ebola after traveling to an area with Ebola, call a health care provider. Call **BEFORE** you go to a health care facility. Make sure you isolate from others until you speak to a health care provider. They may order a blood test to see if you have illnesses with similar symptoms, like malaria. Treatment is available for some types of Ebola. Your health care provider will help decide if treatment is right for you.

Prevention



Avoid direct contact with blood and body fluids of people with Ebola



When traveling to affected countries, avoid contact with bats and monkeys

When traveling to affected countries, do not participate in funeral rituals and avoid hospitals where Ebola patients are being treated.

For More Information, Visit:



1. www.maine.gov/dhhs/ebola
2. www.cdc.gov/ebola

You can also call Maine CDC at 1-800-821-5821.