If you have been to Sierra Leone, Guinea, Liberia, Nigeria, or Democratic Republic of Congo in the past month, there is a possibility that you may have been exposed to Ebola.

**What is Ebola?** Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

**How does Ebola spread?** You can only get Ebola from contact with bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

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**Are you from that area or have you traveled there in the past month?**

- **Yes, and I had contact with someone who was diagnosed with Ebola.**
  - Stay calm. Get informed: “Contact” means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola.
  - Monitor yourself for any of the following symptoms:
    - Fever
    - Weakness
    - Headache
    - Vomiting
    - Diarrhea
    - Stomach Pain
    - Lack of Appetite
    - Abnormal
    - Bleeding
    - Joint & Muscle
  - If this defines you, immediately contact: Your healthcare provider.
  - If you experience any of the symptoms, immediately contact:

- **Yes**
  - Stay calm. Get informed:
    - A non-sick, returning person who has not had contact does not need to take any special precautions.

- **No**
  - Stay calm. Get informed:
    - You can’t get Ebola through air.
    - You can’t get Ebola through water.
    - You can’t get Ebola through food.

- **No, but I know someone that has been to an affected area.**
  - Stay calm. Get informed. Share this information.
  - You can’t get Ebola through air.
  - You can’t get Ebola through water.
  - You can’t get Ebola through food.
  - Ebola is not spread like a cold or flu.
  - For more information: www.cdc.gov/vhf/ebola/index.html