

Exclusively for Health Advocate Members



What to Know About Ebola

Ebola is a serious and often fatal disease caused by infection from the Ebola virus. Confirmation of the first imported case in the United States raises many questions. It is important to remember that in order to develop the disease, you must have traveled where the disease is prevalent or have had direct contact with a person infected with Ebola.

The Centers for Disease Control (CDC) has set up a special website for you to visit with comprehensive, reliable, up-to-date information. We have gathered a few facts here, based on the information, to help you better understand the disease.

What is Ebola?

The Ebola virus is transmitted to humans through contact with certain infected animals. Once infected, the virus damages the blood vessels throughout the body, causing rash, vomiting, diarrhea, and bleeding.

How is it Spread?

Ebola is spread to others only through direct contact (skin or mucous membranes) with blood or other body fluids of an infected person, and not through coughs or sneezes.

- **The infected person must have symptoms in order to spread Ebola.**
- **Those at highest risk are people working in a healthcare setting with Ebola patients.**

What You Can Do

- Tell your doctor about any recent travel to Sierra Leone, Guinea, Liberia, Senegal, Nigeria or the Congo.
- Find out about prevention, risks, and other up-to-date information by visiting the CDC website: <http://www.cdc.gov/vhf/ebola> or your State Health Department website.

Know the Symptoms

Seek medical care immediately if you have had direct exposure to an infected person and have any of the following:

- High fever (greater than 38.6°C or 101.5°F)
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal pain
- Unexplained bruising or bleeding

Symptoms may appear anywhere from 2 to 21 days after exposure.

Contact Us for More Information

Health Advocate can help answer questions, find reliable information, locate medical facilities, and more.

Email: answers@HealthAdvocate.com