

Protect Yourself From the Ebola Virus

Remember: You can only get Ebola from **direct contact** with a person who has symptoms

Signs and Symptoms

Symptoms appear 2 to 21 days after exposure and include:

- ✓ Fever greater than 100.4°F
- ✓ Headache
- ✓ Muscle pain
- ✓ Weakness
- ✓ Diarrhea, sometimes bloody
- ✓ Vomiting, sometimes bloody
- ✓ Stomach pain
- ✓ Unexplained bleeding or bruising

Protect Yourself

Ebola can enter the body through broken skin or unprotected mucous membranes, such as the eyes, nose, and mouth.

- ✓ Wash your hands often with soap and water or alcohol-based hand sanitizer.
- ✓ Avoid contact with the body fluids (blood, vomit, pee, poop, spit, sweat, semen, etc.) of a person with Ebola.
- ✓ Avoid contact with items (clothes, linens, needles, syringes) that have come in contact with the blood or body fluid of a person with Ebola.

If You Have Symptoms

- ✓ Stay in place to minimize contact with others.
- ✓ Contact your doctor for advice.
- ✓ **Call your doctor immediately** if you have symptoms AND have been in **direct contact** with a person (here or abroad) who has been diagnosed with or is at risk of contracting Ebola.
- ✓ If you can't get in touch with your doctor, call 9-1-1.

Ways You CAN'T Get Ebola

- ✓ You can't get Ebola from a person who does not show symptoms.
- ✓ You can't get Ebola through the air.
- ✓ You can't get Ebola through water.
- ✓ You can't get Ebola through food.



Source: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

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