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 though 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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