

What you need to know about Ebola

A person infected with Ebola can't spread the disease until symptoms appear.

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is two to 21 days, but the average time is eight to 10 days. Signs of Ebola include fever and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

Ebola is spread through direct contact with blood and body fluids.

Ebola is **not** spread through the air, water, or food. Ebola is spread through direct contact (through broken skin or through your eyes, nose, or mouth with:

- Blood and body fluids like urine, feces, saliva, vomit, sweat, and semen of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

Protect yourself against Ebola.

There is no FDA-approved vaccine available for Ebola. Experimental vaccine and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness.

To protect yourself from Ebola:

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- **Do NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- **Do NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.
- **Do NOT** touch the body of someone who has died of Ebola.

What to do if you are exposed to Ebola?

If you have traveled to an area with an Ebola outbreak or had close contact with a person sick with Ebola, you may be at risk if you:

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluids from a person with Ebola.
- Touched bats or nonhuman primates (like apes or monkeys) or blood, fluids, or raw meat prepared from these animals.
- Went into hospitals where Ebola patients were being treated and had close contact with the patients.
- Touched the body of a person who died of Ebola.

You should check for signs and symptoms of Ebola for 21 days by:

- Taking your temperature every morning and evening.
- Watching for other Ebola symptoms, like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Calling your doctor even if you do not have symptoms. The doctor can evaluate your exposure level and any symptoms and consult with public health authorities to determine if actions are needed.

During the time that you are watching for signs and symptoms, you can continue your normal activities, including going to work.

If you get sick after you come back from an area with an Ebola outbreak:

- Get medical care **RIGHT AWAY** if you have a fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Tell your doctor about your recent travel to West Africa or contact with a person who was sick with Ebola and your symptoms **BEFORE** you go to the doctor's office or emergency room. Calling before you go to the doctor's office or emergency room will help the staff care for you and protect other people.

If you have further questions about Ebola or your worker's health please call 303-777-6877 (in Metro Denver) OR call 800-327-6877. We are available 24 hours a day 7 days a week.