



## **EBOLAVIRUS DISEASE (EVD) FACT SHEET**

### **WHAT IS EBOLA?**

Ebola Virus Disease (EVD) is a rare and deadly disease most commonly affecting people and nonhuman primates (monkeys, gorillas, and chimpanzees). It is caused by an infection with one of five known Ebola virus species.

### **HOW DO YOU GET EBOLA?**

The virus can be spread to others through direct contact with blood, bodily fluids (urine, saliva, sweat, feces, vomit, breast milk, and semen), objects (needles and syringes), infected fruit bats or primates (apes and monkeys), and possible from contact with semen from a man who has recovered from Ebola. The natural source of Ebola virus remains unknown. However, researchers believe that the virus is animalborne and that bats are the most likely source.

### **SYMPTOMS**

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days. Symptoms may include: fever, severe headache, muscle pain, weakness, fatigue, diarrhea, vomiting, abdominal pain, and unexplained bruising or bleeding.

### **TREATMENT**

No FDA-approved vaccine or medicine is available for Ebola. Symptoms of Ebola and complications are treated as they appear. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness.

### **PREVENTION**

If you travel to or are in an area affected by an Ebola outbreak, make sure to do the following:

- Practice careful hygiene. Wash your hands with soap and water or an alcohol-based hand sanitizer. Avoid contact with blood and bodily fluids.
- Do not handle items that many have come in contact with an infected person's blood or body fluids. Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
- Avoid contact with bats and nonhuman primates or blood, fluids, and raw meat prepared from these animals.
- Avoid facilities in West Africa where Ebola patients are being treated.
- Avoid contact with semen from a man who has had Ebola until you know Ebola is gone from his semen.
- Healthcare workers should wear appropriate personal protective equipment and practice proper infection control measures.
- After you return, monitor your health for 21 days and seek medical care immediately if you develop symptoms of Ebola

### **DPHD EFFORTS:**

Reports of suspected and confirmed cases of disease are made to the Delaware Public Health District. The Health District investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.