

Ebola Virus Disease (Ebola)

1. What is Ebola?

Ebola is a virus that has caused recent disease outbreaks currently only in Guinea, Liberia and Sierra Leone in West Africa.

2. How does Ebola spread?

Ebola spreads from person-to-person by direct contact with a patient's body fluids, like saliva, blood, vomit, urine, feces, and sweat. The virus gets into the body through broken skin or mucus membranes (spongy skin like the kind you find in your nose and mouth). Ebola can also be spread by infected objects, like needles, that have been tainted with body fluids. Ebola can't spread through the air, in food, or water.

It takes 8-10 days for most people to get symptoms, but it can range from 2-21 days. Patients can spread the virus while they have a fever or other symptoms. People who don't have symptoms can't spread Ebola.

3. What are the symptoms of Ebola?

Ebola can cause these signs of disease:

- Severe headache
- Fever (greater than 100.4° F)
- Diarrhea
- Vomiting
- Stomach pain
- Muscle pain
- Abnormal hemorrhaging

4. How is Ebola treated?

There is no specific medicine or vaccine for Ebola. Instead, treatment focuses on keeping the patient alive by giving fluids and managing the serious health problems that can happen.



KEY POINTS:

- The risk of getting sick with Ebola is very low in the U.S. and in Yolo County.
- Ebola patients can only spread the disease when they have the symptoms.
- A person must have direct contact with a patient's body fluids to get infected.
- The Department of Health Services is taking safety measures to prevent its spread in Yolo County, if a case were to come here.

For More Information:

California Department of Public Health

<http://cdph.ca.gov/programs/cder/pages/Ebola.aspx>

Centers for Disease Control and Prevention

www.cdc.gov/vhf/ebola



5. What can you do to prevent Ebola?

There is very low risk of spread to the public. The Centers for Disease Control and Prevention (CDC) ask that the U.S. public avoid unnecessary travel to countries in West Africa that are currently affected by Ebola, since travelers may not have access to the health care they need if they get sick. If you recently visited Guinea, Liberia, or Sierra Leone, and had contact with someone who had Ebola, see your doctor and mention your recent travel. Even if you did not have contact with someone who had Ebola, take your temperature 2 times each day. If you get a fever or other symptoms within 21 days of your return to the U.S., call your doctor immediately and mention your recent travel. Limit your contact with other people until and when you go to the doctor. Do not travel anywhere else besides a healthcare facility. Healthcare providers that suspect an Ebola case should contact the Yolo County Department of Health Services at (530) 321-3620.

6. What is the Department of Health Services doing to prevent Ebola in Yolo County?

Right now there are no cases of Ebola in Yolo County. We are taking safety measures to prevent and stop its spread in Yolo County if a case were to come here. For example, we are working with:

- Healthcare providers and hospitals in the County, the CDC and the California Department of Public Health (CDPH) to find anyone who could have the disease.
- Healthcare providers, hospitals, and Emergency Medical Services providers and personnel, in Yolo County to make sure they use good infection control practices to prevent the possible spread of Ebola if they see a patient who may have the illness.

Learn more about the current Ebola outbreak

For information about past and current cases and deaths by country, visit:

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/index.html

World Health Organization (WHO)
www.who.int/mediacentre/factsheets/fs103/en/

