

Ebola is a severe, often fatal, viral disease.

It is caused by an infection with one of the Ebola virus strains.

HAS EBOLA BEEN IDENTIFIED IN VIRGINIA?

To date, no cases have been identified in Virginia. Local and state health departments will continue to respond to inquiries from medical providers.

DOES EBOLA POSE A SIGNIFICANT RISK IN THE UNITED STATES?

Although the risk of the Ebola virus spreading in the US is low, it is possible that additional cases might be identified in persons who had close contact with the Texas patient diagnosed in the US or in other travelers. In response, the CDC issued a Health Advisory Alert on October 2, 2014 to highlight the recommendations for healthcare personnel and health officials when evaluating patients for Ebola infection.

HOW IS EBOLA SPREAD FROM PERSON TO PERSON?

The virus is spread by contact with an infected patient's blood or bodily fluids, including saliva, urine, sweat, feces, vomit, breast milk or semen. It can be spread through contact with clothing/linens contaminated with bodily fluids, contact with some animals (e.g. certain bats in Africa), and used objects like needles or syringes that have been contaminated with the virus.

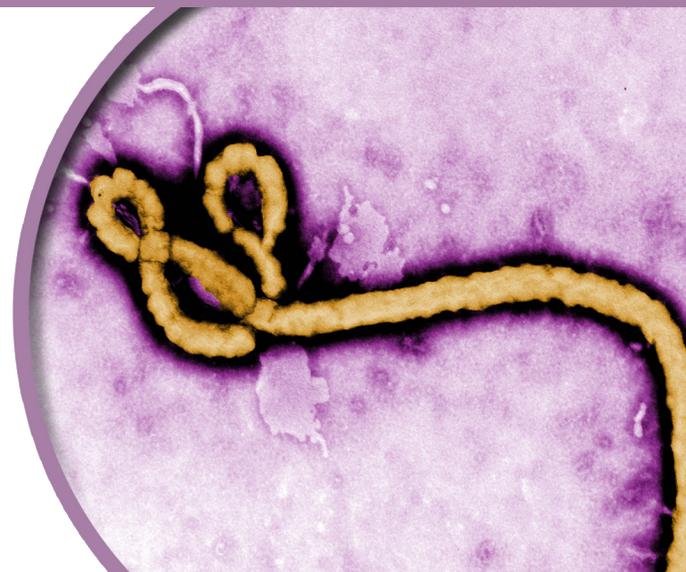
- The Ebola virus spreads from person to person only when someone is exhibiting symptoms
- Individuals that do not have a fever are not contagious and cannot transmit the virus to another person
- Transmission occurs through direct contact with an infected person's bodily fluids

AFTER A PERSON IS INFECTED WITH THE EBOLA VIRUS, HOW SOON DO SYMPTOMS BEGIN?

Ebola signs and symptoms may appear anywhere from 2-21 days after exposure, though 8-10 days is most common. Usually the first sign of Ebola is a high fever (higher than 100.4 degrees Fahrenheit).

WHAT ARE THE SIGNS AND SYMPTOMS OF EBOLA?

- Fever over 100.4 degrees Fahrenheit
- Weakness
- Severe Headache
- Joint and Muscle Aches
- Diarrhea
- Vomiting
- Stomach Pains
- Lack of Appetite
- Red Eyes
- Skin Rash
- Unexplained bleeding and bruising



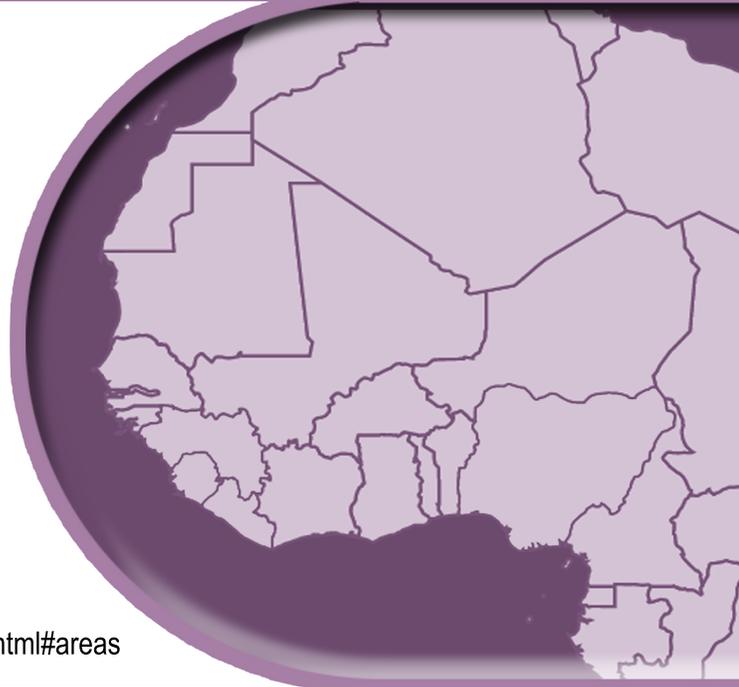
WHAT SHOULD I DO IF I'VE TRAVELED FROM AN EBOLA-AFFECTED COUNTRY?

Travelers from Ebola-affected countries* should:

- Self-monitor your health for 21 days from departure from the country including taking your temperature
- If you have had a known exposure to Ebola virus (such as direct contact with a patient with Ebola virus), please contact your local health department so that they can evaluate your risk.
- If symptoms begin, seek medical attention immediately.

Before you visit your healthcare provider, please call ahead and alert them about your symptoms and travel history so that arrangements can be made to prevent possibly spreading the virus to others.

* Check the CDC website for an up-to-date list of Ebola-affected countries:
<http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/distribution-map.html#areas>



WHAT TREATMENT IS AVAILABLE FOR PERSONS INFECTED WITH THE EBOLA VIRUS?

At this time, there is no approved drug or vaccine for Ebola. Supportive therapy includes maintaining oxygen status and blood pressure; balancing the patient's fluids and electrolytes; and treating them for any complicating infections.

HOW DO I PROTECT MYSELF?

- Wash your hands often with soap and water
- Use alcohol-based hand rub on your hands if soap and water are not available
- Try to avoid close contact with sick people
- If you or your child is sick, limit contact by staying at home to keep from infecting others

If someone has symptoms of Ebola and possible exposure, that person should limit contact with others and see a health care provider immediately.



WHERE CAN I LEARN MORE?

Centers for Disease Control and Prevention
<http://www.cdc.gov/vhf/ebola/>

Virginia Department of Health
<http://www.vdh.virginia.gov/epidemiology/ebola/>

Your Local Health Department
<http://www.vdh.virginia.gov/LHD/index.htm>