

# Ebola Virus: KNOW THE FACTS

## TRAVELING ABROAD?

Find out how to protect yourself.

-  Practice careful hygiene. Avoid contact with blood and body fluids of severely ill people
-  Do not handle items that may 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 animals in infected areas and do not consume raw meat
-  Avoid hospitals where Ebola patients are being treated
-  Seek medical care if you develop a fever, headache, achiness, sore throat, diarrhea, vomiting, stomach pain, a rash, or red eyes
-  The World Health Organization (WHO) and Centers for Disease Control (CDC) advise against non-essential travel to Guinea, Liberia and Sierra Leone

**WHAT IS THE EBOLA VIRUS?** The Ebola virus is one of the numerous viral hemorrhagic fevers. It is a rare, severe disease that is often fatal in humans and primates.

**HOW IS IT SPREAD?** The virus spreads by direct contact with a sick person's blood or body fluids (sweat, saliva, blood, or excrement), indirect contact with items that may be contaminated with bodily fluids, or contact with infected animals.



**WHAT ARE THE SYMPTOMS?** Symptoms include:



Fever



Headache



Sore throat



Muscle and joint pain



Weakness

Followed by diarrhea, vomiting, and stomach pain. A skin rash, red eyes, and internal and external bleeding may be seen in some patients.

## COULD THE EBOLA VIRUS SPREAD EASILY IN THE U.S.?

Because of global travel, the Ebola virus could enter the U.S., but the CDC note that there is little reason to be worried about the spread of Ebola in the U.S. and here is why:

It's extremely unlikely that someone would catch Ebola from simply being on the same plane or in the same public space with someone who was infected. That's because the virus is not spread through airborne transmission like the flu and other respiratory illnesses.



In order to catch Ebola, you have to touch the bodily fluids of an infected person and then get the virus into your body by, for example, touching food and eating it.

People with Ebola generally are not infectious until they are sick.



This means there's usually a clue that someone might be contagious—such as fever, aches, or diarrhea.

Countries where the disease is spreading—Liberia, Sierra Leone, and Guinea—are among the poorest in the world. The Ebola virus is even more difficult to treat in those areas due to:



Rural landscape



Few resources



Mistrust of medical workers



Lack of awareness and education



The U.S. has a strong and ready healthcare infrastructure.

Our modern hospitals have proper procedures in place to prevent transmissions and to track down those who could spread the disease further.

Carilion Clinic is committed to the health of our region. We seek to advance care through medical education and research, help our community stay healthy, and inspire our region to grow stronger.

  
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