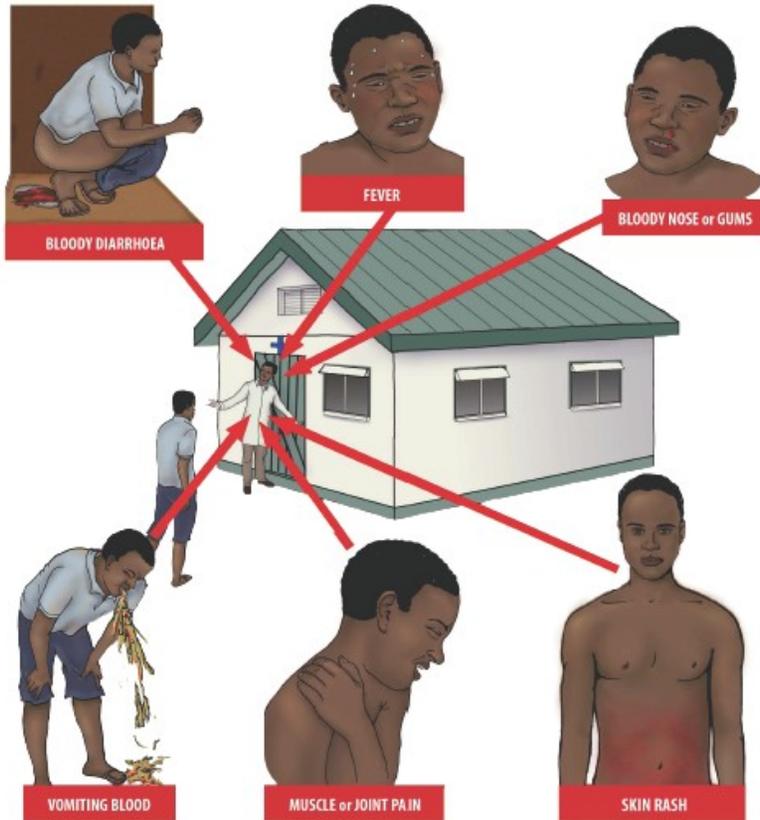


EBOLA FEVER Signs and symptoms



**IF YOU HAVE ANY OF THESE SIGNS, REPORT IMMEDIATELY
TO THE NEAREST HEALTH CENTRE FOR MANAGEMENT.**

Example of CDC education poster

healthoregon.org/ebola

cdc.gov/ebola

Sources:

<http://www.cdc.gov/vhf/ebola/outbreaks/guinea/ga.html>, <http://www.who.int/csr/disease/ebola/faq-ebola/en/>, <http://www.cdc.gov/vhf/ebola/outbreaks/guinea/ga-experimental-treatments.html>, <http://www.cdc.gov/vhf/ebola/outbreaks/guinea/print-resources-posters.html>

Information about Ebola for People with Family and Friends in West Africa

What is Ebola?

Ebola is a virus that can cause a severe, often deadly illness that can spread from person to person. The current Ebola outbreak is happening in West Africa, in Liberia, Guinea, and Sierra Leone. Between March and November of 2014, thousands of people have had Ebola, and about half have died.

 healthoregon.org/ebola

 ebola.oregon@state.or.us

 211

healthoregon.org/ebola

cdc.gov/ebola

Important messages to share with family and friends in West Africa

Risks and Spread of the Disease

People can catch Ebola by touching the blood, vomit, diarrhea, urine or other body fluids of a person sick with Ebola.

- Families, friends and healthcare workers caring for people who have become sick with or died from Ebola are at risk for getting Ebola because they could have touched the body fluids from the sick people.
- Avoid directly touching objects like dirty needles or soiled linens used in caring for a person sick with Ebola. If someone dies of Ebola, their bodies still have the disease and directly touching these bodies can also spread disease.
- Workers wearing full suits and masks to protect from directly touching people who have become sick with or died from Ebola can safely care for patients or bury the dead.

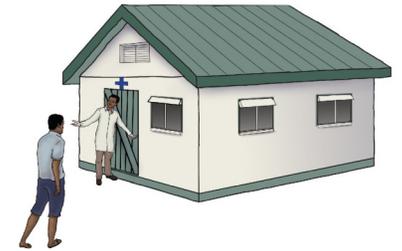
Care and Treatment

Although no drug can cure Ebola, healthcare workers provide care that helps keep the body strong enough to fight Ebola.

- One of every two people who get Ebola get better.
- People who survive Ebola do not spread the disease and are safe.
- Experimental treatments exist but we do not know if they are safe, and none are available to treat large numbers of people.

Symptoms of Ebola

Symptoms of Ebola are similar to other common illnesses, so it is important to seek medical care if a person gets sick after contact with people who have become sick with or died from Ebola.



- Symptoms include fever, weakness, muscle aches, headache, and sore throat, usually followed by vomiting, and diarrhea. People can also have bleeding inside and outside of the body.
- Symptoms appear 2 to 21 days after being exposed to the disease.
- People die of Ebola if their bodies lose too much blood and fluids. This causes their organs to stop working.

Ebola in Oregon

No one has been diagnosed with Ebola in Oregon. If a person sick with Ebola does arrive here, we are prepared to care for the person and keep our community safe.

Travel

The Centers for Disease Control recommends avoiding unnecessary travel to the affected countries. If you traveled from an affected country in the last 21 days, call your local health department when you return. The chance that you would have Ebola is very low unless you were in contact with people sick with Ebola.

To find your local health department:
healthoregon.org/lhd.