Centers for Disease Control has issued a travel advisory for West Africa due to the current Ebola epidemic:

- CDC recommends that people avoid nonessential travel to Guinea, Liberia, and Sierra Leone.
- CDC recommends that people practice enhanced precautions if traveling to Nigeria.

What is Ebola?
Ebola hemorrhagic fever (Ebola HF) is a severe, often fatal disease in humans and nonhuman primates. It is characterized by a rapid onset of symptoms.

If you are returning from an area with the Ebola outbreak monitor your symptoms for 21 days. Symptoms may appear between 2 and 21 days after exposure to ebolavirus, though 8-10 days is most common.

What are symptoms of Ebola?
Typical symptoms of Ebola HF include:

- Fever (>101.5 degrees Fahrenheit)
- Headache
- Joint and muscle aches
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite

Some patients may experience:

- A rash
- Red eyes
- Hiccups
- Cough
- Sore throat
- Chest pain
- Difficulty breathing
- Difficulty swallowing
- Bleeding inside and outside of body

How is Ebola transmitted?
Ebola virus is spread through direct contact with the blood or bodily fluids of an infected symptomatic person or through exposure to objects (such as needles) that have been contaminated with infected secretions. Ebola is not transmitted through air or water. Individuals who are not symptomatic are not contagious.

What are some risk factors?

- Those at highest risk include health care workers and family and friends who have come in contact with an infected individual in the past 3 weeks.
- Residence in – or travel to - an area where Ebola is active in the past 3 weeks (including Guinea, Liberia, Sierra Leone, Nigeria) *check [www.cdc.gov](http://www.cdc.gov) for updates on the spread of confirmed cases.
- The direct handling of bats, rodents, or primates from disease-endemic areas in the past 3 weeks.

What do I do if I meet the risk factors and have symptoms? Arrangements must be made before going to the Emergency Room to prevent transmission to others!

- Call 573-458-9722 BEFORE reporting to the Phelps County Regional Medical Center Emergency Room – you will go to the Ambulance Entrance of the PCRM Emergency Department.

Key Points:

- Ebola is characterized by a rapid onset of symptoms
- If you have not had a fever/symptoms, you are not contagious
- If 21 days has passed from possible exposure, and you have had no symptoms, you are clear from the Ebola virus.