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.

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

Symptoms may appear between 2 and 21 days after exposure to ebolavirus, though 8-10 days is most common.

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. 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 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 Student Health or the Emergency Room to prevent transmission to others!
- During Student Health hours (8:00 a.m. – 5:00 p.m.)
  - Call BEFORE coming to the clinic 573-341-4284
- When Student Health is closed (or for faculty and staff)
  - Call 573-458-9722 BEFORE reporting to the Phelps County Regional Medical Center Emergency Room – you will go to the Ambulance Entrance of the PCRMC 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 the possible exposure to risk factors, and you have had no symptoms, you are clear from the Ebola virus.

A flu vaccine is the best way to protect yourself from serious illness this season. Email Student Health at mstshs@mst.edu to reserve yours today for only $10 – for students only