

WHAT YOU SHOULD KNOW ABOUT

EBOLA



1. OVERVIEW

- Found in several African Countries.
- First discovered in 1976 near the Ebola River .
- Since then, outbreaks have appeared sporadically in Africa. Only 18 cases have occurred outside of Africa, including 4 in the United States of America.

2. SYMPTOMS

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal pain
- Hemorrhage (bleeding or bruising)

3. INCUBATION

- Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.

4. TRANSMISSION

The Ebola is spread through direct contact (through broken skin or mucous membranes) with:

- Blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with Ebola.
- Objects (like needles and syringes) that have been contaminated with the virus.
- Infected fruit bats or primates.

Persons with Ebola do not become infectious until the onset of symptoms.

5. SURVEILLANCE

- Travelers are to measure their temperature twice daily for 21 days after departure from an affected country.
- People arriving from affected countries who are asymptomatic and don't have direct exposure to a person with Ebola are considered to be at low risk for disease.
- Travelers with known exposure/contact to a case (e.g. Health Care worker) are at increased risk.
- Contacts of asymptomatic travelers (roommates) are at NO Risk.

6. TREATMENT

There is no vaccine or medicine available for Ebola. Experimental vaccines and treatments are under development, but they have not yet been fully tested for safety.

Symptoms of Ebola are treated as they appear. The following basic interventions, when used early, can significantly improve the chances of survival.

- Providing intravenous fluids (IV) and balancing electrolytes
- Maintaining oxygen status and blood pressure
- Treating other infections if they occur.

7. RECOVERY

The recovery depends on good supportive clinical care and the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years, possibly longer.

References

NASPA Online Learning Community. (2014, October 28)
http://learn.naspa.org/student_lesson/show/27154?lesson=1Treatment. Retrieved from <http://www.cdc.gov/vhf/ebola/treatment/index.html>