

Ebola Advisory

Some countries in West Africa (Guinea, Liberia, Nigeria, and Sierra Leone) are experiencing outbreak (dramatic increase in number of cases) of Ebola. Although this virus is rare in the United States, it is important to know the facts and take precautions. We want to ensure you have the most accurate information about this illness, so we have put together a short list of answers to frequently asked questions about Ebola.

What is Ebola and how is it spread?

Ebola is a virus transmitted 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 blood or bodily fluids.

What are the symptoms of Ebola?

Symptoms include the sudden onset of fever, weakness, muscle pain, headache and sore throat, followed by vomiting, diarrhea, rash, and in some cases, bleeding from the eyes, ears, nose, mouth, and rectum.

What can I do to protect myself?

- Practice careful hygiene, such as washing your hands with soap and water.
- Avoid all contact with blood and bodily fluids of infected people or animals.
- Do not handle items that may have come in contact with an infected person's blood or body fluids.
- **If you lived in, visited, or stayed in the areas where Ebola cases have been recently reported, seek medical attention if you feel sick (have any of the symptoms listed above). Please read the section "what to do if you are ill or injured" for advice on where and how to seek healthcare. If you are unsure of your symptoms, call our Nurse Advice Line at 916-278-6041.**

Stay up-to-date on information related to the recent Ebola outbreak by visiting www.cdc.gov.

Travel Advisory: <http://wwwnc.cdc.gov/travel/notices/warning/ebola-guinea>