

# Ebola Virus Disease (Ebola)

## 1. What is Ebola?

Ebola is a rare disease that has caused outbreaks (more disease than usual) in West Africa. Right now, there is a large Ebola outbreak in the countries of Guinea, Sierra Leone, and Liberia.

## 2. How does Ebola spread?

Ebola spreads from person-to-person by direct contact with a patient's body fluids, like saliva, blood, vomit, urine, feces, and sweat. The virus gets into the body through broken skin or mucous membranes (spongy skin like the kind you find in your nose or mouth). Ebola can also be spread by infected objects, like needles, that have been tainted with body fluids. Ebola can't spread through the air.

It takes 8–10 days for most people to get symptoms, but it can range from 2–21 days. Patients can spread the virus while they have a fever or other symptoms. People who don't have symptoms can't spread Ebola.

## 3. What are the symptoms of Ebola?

Ebola can cause these signs of disease:

- Headache
- Vomiting
- Fever
- Stomach pain
- Weakness
- Joint & muscle aches
- Diarrhea
- Abnormal bleeding

## 4. How is Ebola treated?

There is no specific medicine or vaccine for Ebola. Instead, treatment focuses on keeping the patient alive by giving fluids and managing the serious health problems that can happen.



### Key Points:

- The risk of getting sick with Ebola is very low in the U.S. and in Contra Costa County.
- Ebola patients can only spread the disease when they have symptoms.
- A person must have direct contact with a patient's body fluids to be infected.
- Contra Costa Health Services is taking safety measures to prevent its spread in Contra Costa County, if a case were to come here.

### For more information:

Contra Costa Health Services

[cchealth.org/ebola](http://cchealth.org/ebola)

California Department of Public Health

<http://cdph.ca.gov/programs/cder/Pages/Ebola.aspx>

Centers for Disease Control and Prevention

<http://www.cdc.gov/vhf/ebola>

10/20/2014

### 5. Am I at risk of getting Ebola in Contra Costa County?

There are no reported cases of Ebola in Contra Costa County, and the risk of one appearing here is low. The disease can only be spread through direct contact with the body fluids of an infected person who has symptoms such as fever, vomiting and diarrhea. Though the risk is low in Contra Costa, CCHS and local hospitals and providers are on alert to respond in the unlikely event of a case here so that the person can be immediately isolated and provided care.

### 6. Is it safe to fly in the United States?

The Centers for Disease Control & Prevention considers airline travelers extremely unlikely to become infected with Ebola in the United States. For more information, visit <http://www.cdc.gov/media/releases/2014/faq1017-ebola-investigation-frequently-asked-questions.html>

### 7. What is Contra Costa Health Services doing to prevent Ebola?

Contra Costa Health Services is closely monitoring the situation, working with local hospitals, schools, healthcare providers and first responders to ensure that our plans for detecting, isolating and treating Ebola patients are effective and up to date.

## Want to learn more about the current outbreak?

### For more information, visit:

Centers for Disease Control and Prevention  
<http://www.cdc.gov/vhf/ebola>

World Health Organization (WHO)  
<http://www.who.int/mediacentre/factsheets/fs103/en/>



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