

# Ebola Information for the Public

An Ebola public information line has been established. The number is 1-800-222-1222, and callers should press 6 for questions about Ebola.

Ebola is only contagious after the onset of symptoms. The incubation period before symptoms may appear is 2-21 days, with 8-10 days being the most common. Ebola is spread through unprotected contact with blood or body fluids from someone who is infected. **Anyone who becomes ill within 21 days after traveling to an affected area in West Africa should contact a healthcare provider right away and limit their contact with others until they have been evaluated.**



Ebola is spread through direct contact (through broken skin or through your eyes, nose, or mouth) with:

- Blood and body fluids (like urine, feces, saliva, vomit, sweat, and semen) of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with *Ebola*.

Ebola is **not** spread through the air, water, or food.

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

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## Symptoms of Ebola

- Fever greater than 101.5°F (38.6°C)
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal pain
- Unexplained bleeding or bruising

## To protect yourself from Ebola

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Do **NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- Do **NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.
- Do **NOT** touch the body of someone who has died of Ebola.

CDC: [Facts about Ebola \(PDF, 217KB\)](#)

CDC: [What You Need to Know about Ebola \(PDF, 2.3MB\)](#)

CDC: [Facts about Ebola in the US \(PDF, 250KB\)](#)

CDC: [Stopping the Ebola Outbreak \(PDF, 140KB\)](#)