

# Facts About Ebola

## The Delaware Division of Public Health (DPH) understands that people are concerned about Ebola in the U.S.

While a large number of Ebola cases in this country is unlikely, information is always the most powerful tool to prevent any illness. The risk of Ebola transmission in normal, everyday contact is **very low**, and you can help protect yourself using the following methods.

### What you can do:

#### Individuals not in a healthcare setting

- **Practice careful hygiene** - wash your hands with soap and water or an alcohol-based hand sanitizer.
- **Avoid direct contact** with other people's blood and bodily fluids.



#### Medical providers

- **To learn how to screen for the illness, visit <http://dhss.delaware.gov/dhss/dph/files/ebolaguidance.pdf>**
- **To learn more about putting on and removing personal protective equipment, visit <http://dhss.delaware.gov/dhss/dph/index.html>**

### How do you get the Ebola virus?

#### Through direct contact with

- **Body fluids of a person who is sick or has died from Ebola** (blood, vomit, urine, feces, sweat, semen, spit, or other fluids).
- **Objects contaminated with the virus** (needles, medical equipment).

### The Ebola virus is not spread through:

- Normal, everyday contact
- Air
- Water
- Food grown or purchased in the U.S.



### Early Symptoms

**Ebola can only be spread to others after symptoms begin.** Symptoms can appear from 2 to 21 days after exposure.



- **Fever** (temperature greater than 100.4°F or 38°C)
- **Headache**
- **Diarrhea**
- **Vomiting**
- **Abdominal (stomach) pain**
- **Unexplained bleeding or bruising**
- **Muscle pain**

### When is someone able to spread the disease to others?

**Ebola only spreads when people are sick.** A patient must have symptoms to spread the disease to others.



**After 21 days**, if an exposed person does not develop symptoms, they will no longer be considered at risk for Ebola.

### Questions

For general Ebola questions, contact the CDC at **1-800-CDC-INFO (1-800-232-4636)**

For **suspected** Ebola cases, contact the DPH Office of Epidemiology:

- Monday - Friday  
8:30 a.m. - 4:30 p.m.  
**888-295-5156**
- After 4:30 p.m., on weekends, or holidays:  
**302-744-4700**

