

EBOLA INFORMATION GUIDE

In response to many constituents' concerns about the Ebola outbreak in West Africa, we've compiled this guide with information about the virus, what the United States is doing to stop its spread, information on new travel protocols, and what you can do to help.

If you have any questions or concerns about your personal health, you should contact your health care provider.

This guide was last updated on November 3, 2014.

Ebola: The Facts

What is Ebola?

Ebola is a disease caused by infection with one of the Ebola virus strains.

Ebola was first detected in 1976 near the Ebola River in what is now the Democratic Republic of the Congo.

Previous outbreaks were sporadic, but the current epidemic is the largest to date. There is widespread transmission in Guinea, Liberia, and Sierra Leone, with more than 13,000 reported cases.

To date, there have been four cases of Ebola diagnosed in the United States.

How is it Spread and Who is at Risk?

- Ebola does not spread like a cold or flu. It is much harder to catch.
- Ebola is not spread by air, water, food in the United States, or casual contact with someone with no symptoms of the disease.

FACTS ABOUT EBOLA

How do you get the Ebola virus?

Direct contact with:

- 1 Bodily fluids of a person who is sick with or has died from Ebola** (blood, vomit, pee, poop, sweat, semen, spit, other fluids)
- 2 Objects contaminated with the virus** (needles, medical equipment)
- 3 Infected animals** (by contact with blood or fluids or infected meat)

- Ebola is spread through direct contact with the virus through broken skin or the eyes, nose, or mouth. Direct contact comes only from blood or body fluids of a person or animal that is sick with Ebola.

FACTS ABOUT EBOLA

Ebola virus is **not** spread through

- **Casual contact**
- **Air**
- **Water**
- **Food grown or legally purchased in the U.S.**



- A patient must have symptoms to spread the disease.

- Health care providers caring for Ebola patients are at the highest risk of getting sick.

- Family and friends who may come in contact with infected blood or body fluids of sick patients are also at high risk, but the Centers for Disease Control and Prevention (CDC) doesn't expect Ebola to spread easily in the United States.

What are the Symptoms?

- Symptoms can appear from 2 to 21 days after exposure to Ebola, but normally appear between 8 and 10 days.
- Symptoms of Ebola include:
 - Fever greater than 101.5°F
 - Severe headache
 - Muscle pain
 - Weakness
 - Diarrhea
 - Vomiting
 - Abdominal (stomach) pain
 - Unexplained bleeding or bruising
- Ebola infection is extremely deadly, often killing more than half of those who are infected.

EBOLA BASICS

Early Symptoms:

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

- **Fever**
- **Stomach pain**
- **Headache**
- **Muscle pain**
- **Diarrhea**
- **Unexplained bleeding or bruising**
- **Vomiting**

cdc.gov/ebola



The U.S. Response

Although there are no FDA-approved drugs proven to prevent or treat Ebola, health experts have effective practices and strategies to contain it. Various U.S. agencies are responsible for preparing for, responding to, and containing disease outbreaks. This work is done primarily through the U.S. Agency for International Development (USAID), the CDC, and the U.S. Department of Defense (DoD).



Through its Emerging and Pandemic Threats (EPT) program, USAID is helping 18 countries in Africa and Asia to more effectively detect and respond to infectious disease outbreaks like Ebola. The U.S. Government has committed more than \$344.5 million in funding to responding to the Ebola outbreak in West Africa, including funds from USAID, CDC, and DoD.

The CDC has sent over 100 personnel to West Africa to help coordinate in-country responses and provide health education. DoD is expected to deploy up to 4,000 personnel to help with training and equip West African health facilities. Currently, there are an estimated 195 DoD personnel on the ground, and another 700 are expected by the end of October.

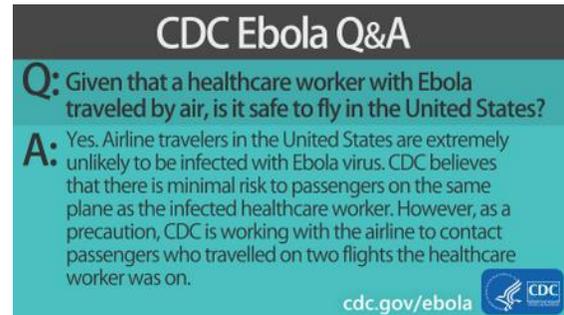
In addition, the United States has enhanced its domestic preparedness, including:

- New screening measures
- New active post-arrival monitoring
- Tightening of protective equipment and infection control protocols for health care workers
- Formation of dedicated CDC response teams – commonly known as Ebola “SWAT” teams – to quickly deploy to U.S. hospitals with confirmed Ebola cases
- Enhanced training and outreach
- Expanded federal, state, and local coordination

The graphic is titled "CDC Ebola Q&A". The question is "Q: Is there a cure for Ebola?". The answer is "A: There is no FDA-approved vaccine or medicine available for Ebola. National Institutes of Health (NIH) has begun initial human testing to assess the safety and immune response of an investigational vaccine to prevent Ebola virus disease. The Department of Defense (DoD) has also begun human testing a different investigational vaccine." The CDC logo and "cdc.gov/ebola" are at the bottom.

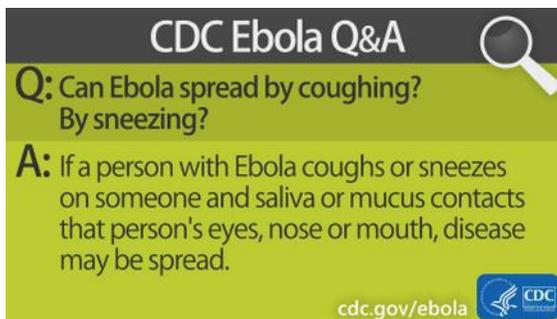
Travel Information

- There are no direct flights from the affected West African countries to the United States. Passengers fly on international carriers and connect to U.S.-bound flights.
- Those arriving from Liberia, Sierra Leone, and Guinea will be required to fly into one of five airports where the CDC and DHS have implemented advanced screening measures: John F. Kennedy, Newark Liberty, Washington Dulles, Chicago O'Hare or Hartsfield-Jackson Atlanta international airports.



- Customs and Border Protection has produced a step-by-step guide for international travelers on what they should expect when arriving at one of these airports.
 - <http://www.dhs.gov/news/2014/10/08/fact-sheet-screening-travelers-airports>

- After screening at the airports, state and local public health authorities will begin active post-arrival monitoring of all passengers who originated from affected countries. Officials will maintain daily contact with these travelers for the entire 21 days following their last possible date of exposure. Travelers will be required to report their temperature, the presence or absence of Ebola symptoms, and their intent to travel in-state or out-of-state.



- In addition, exit screening measures have been implemented in the affected West African countries, and CDC experts have worked closely with local authorities to ensure these measures are effective.

- The CDC has developed guidance for travelers heading overseas, including details on countries with Ebola outbreaks.
 - <http://wwwnc.cdc.gov/travel/notices>
- The CDC has also created a helpful guide about common medical problems encountered by those returning from international travel.
 - <http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-5-post-travel-evaluation/fever-in-returned-travelers>



- The CDC urges all U.S. residents to avoid nonessential travel to Guinea, Liberia, and Sierra Leone, but currently believes that a travel ban would impede aid efforts in West Africa and make it more difficult to track those who end up making it into the United States.

What You Can Do to Help

There are a number of ways you can help to combat Ebola:

- **Volunteer:** Currently, USAID is recruiting qualified medical professionals to help treat and contain the disease.
 - <http://www.usaid.gov/ebola/volunteers>
- **Contribute:** The Federal Trade Commission provides helpful guidance for identifying and supporting reputable charitable efforts.
 - <http://www.consumer.ftc.gov/blog/how-guard-against-ebola-related-charity-scams>
- **Educate:** Share this and other information about Ebola with family and friends.

Additional Resources

For further information on Ebola and efforts to stop the outbreak, please consult these resources:

- **Centers for Disease Control and Prevention (CDC)**
 - <http://www.cdc.gov/vhf/ebola/index.html>
- **The White House**
 - <http://www.whitehouse.gov/Ebola-Response>
- **U.S. Agency for International Development (USAID)**
 - <http://www.usaid.gov/grandchallenges/ebola#mail>
- **U.S. Department of Defense**
 - http://www.defense.gov/home/features/2014/1014_ebola/
- **U.S. Department of Homeland Security**
 - <http://www.dhs.gov/ebola-response>
- **U.S. Department of State**
 - <http://www.state.gov/p/af/rt/health/ebola/index.htm>
- **World Health Organization**
 - <http://www.who.int/csr/disease/ebola/en/>