If you have been to **Sierra Leone, Guinea, Liberia, or Democratic Republic of the Congo** in the past month, there is a possibility that you may have been exposed to **Ebola**.

**What is Ebola?** Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

**How does Ebola spread?** You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

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**Are you from that area or have you traveled there in the past month?**

- **Yes**, and I had contact with someone who was diagnosed with Ebola
  
  **Stay Calm. Get informed.** "Contact" means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola.

- **Yes**
  
  **Stay calm. Get informed.** A non-sick, returning person who has not had contact does not need to take any special precautions.

- **No**
  
  **Stay calm. Get informed.**

- **No**, but I know someone that has been to an affected area
  
  **Stay Calm. Get informed.** Share this information.

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**Facts about Ebola**

- **You can’t get Ebola through air, water, or food.**
  
  You can live with a roommate or attend class with a student who has been to an affected area without putting yourself at risk. You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

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**University Employee Occupational Health Clinic**

919-966-9119

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If this defines you, immediately contact:

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