Ebola Virus: What You Need to Know

UC San Diego Health System is taking active steps to support the highest standard of infection control to keep you, your family and the community safe from the Ebola virus.

Who is at risk?

Our health care providers are actively screening all patients who are at risk of infection.

Those at higher risk include people who have recently travelled to, or been in close personal contact with individuals who have travelled from Guinea, Liberia or Sierra Leone in the previous 21 days and who have a fever.

The signs and symptoms of Ebola virus disease include:
- Fever (greater than 100.4 °F 38 °C)
- Severe headache
- Muscle pain and weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained bleeding or easy bruising

A person infected with the Ebola virus can’t spread the disease until symptoms appear.

Symptoms may appear anywhere from two to 21 days after exposure, but the average is eight to 10 days.

If you meet the travel criteria and are experiencing these symptoms, you need to call your health care provider immediately to discuss your health status and next steps by telephone.

If you are severely ill, call 911.

Things you should know about Ebola virus disease

Ebola CANNOT:
- Ebola cannot be spread through the air
- Ebola cannot be spread through food
- Ebola cannot be spread through water

Ebola CAN:
- Ebola can be spread by touching blood or body fluids of a person who is sick with Ebola
- Ebola can be spread through touching infected objects, such as needles

Remember: It is influenza (“flu”) season and there are other respiratory viruses that can make you sick, too. Frequent hand washing is recommended and cover your cough! Make sure you get your flu shot.

health.ucsd.edu
Visit the Centers for Disease Control and Prevention’s website (www.cdc.gov) for the most up-to-date information on Ebola virus disease.
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