

General Information: Ebola Hemorrhagic Fever (EHF), Ebola Virus Disease (EVD)



What is Ebola?

Ebola is a disease characterized by the following symptoms:

- Fever
- Severe headaches
- Muscle pain
- Unexplained bleeding or bruising
- Diarrhea
- Vomiting
- Abdominal pain



Symptoms can appear 2–21 days after exposure.¹

Ebola is spread by direct contact with:

1. Body fluids like saliva, blood, vomit, urine (and others) of another person infected with Ebola.
2. Contaminated objects like needles and medical equipment.
3. Fluids or meat of infected animals.

An infected person must be sick and showing symptoms to spread the disease to others.²

How do I protect myself?

Practice careful hygiene! Wash your hands frequently using soap or use an alcohol-based hand sanitizer.

Other measures include avoiding contact with an infected person's body fluids, staying away from areas of known outbreaks and not handling objects that may have come into contact with an infected person's body fluids.³



Perspective

The current Ebola epidemic is the largest in history. There have been 4,033 deaths reported worldwide as of October 10, 2014. This unprecedented scale is a big reason people are talking about it.⁴ Though deadly, the disease is rare. For example, nearly 54,000 died from the flu and pneumonia in 2011.⁵

For more information visit <http://www.cdc.gov/vhf/ebola/>

1. <http://www.cdc.gov/vhf/ebola/symptoms/index.html>
2. <http://www.cdc.gov/vhf/ebola/transmission/index.html>
3. <http://www.cdc.gov/vhf/ebola/prevention/index.html>
4. <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/index.html>
5. <http://www.cdc.gov/nchs/fastats/deaths.htm>