



EBOLA VIRUS –Fact sheet

What is Ebola?

- Ebola is a severe, often fatal disease caused by the Ebola virus. Symptoms appear within 21 days of exposure.
- People exposed to Ebola are not contagious unless they have symptoms of Ebola, which are: fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

How does Ebola spread?

Ebola spreads through:

- direct contact (through broken skin or eyes, nose mouth), with a person who has Ebola,
- blood or body fluids (saliva, urine, sweat, vomit, breast milk, semen) of a person sick with Ebola,
- objects (such as needles or syringes) contaminated with the virus,
- infected animal (bat, monkey, ape), or by eating infected “bushmeat”, wild animals hunted for food in Africa.

Can Ebola be transmitted through the air, food , water, or insect bites?

Air: No. Ebola is not a respiratory disease like the flu, so it is not transmitted through the air.

Food: No. Ebola does not spread through food (EXCEPT “bushmeat”).

Water: Ebola does not spread through water.

Insect Bites: There is no evidence that mosquitos or other insects can transmit Ebola virus.

Can I get Ebola from a person who is infected but doesn’t have any symptoms?

No. People who do not have symptoms are not contagious.

What is being done to prevent ill staff or students with Ebola coming to school?

No child will be at risk for Ebola while attending school. When school staff become aware that someone is returning to school within 21 days from being in a country with an epidemic, the school site nurse and/or the District’s Nursing and Wellness Office will be notified. Each person returning to school from such regions will then be cleared by the San Diego County Health & Human Services Agency (public health department) before attending school. For an updated list of countries with the epidemic, check CDC’s website: Traveler’s Health website.

What is being done to prevent more Ebola from coming to the United States?

CDC works with airlines and others at key ports of entry; sick travelers are isolated; others taught to self-monitor.

What treatment is there for Ebola?

No standard treatment yet exists to treat or prevent Ebola. Symptoms of Ebola are treated as they appear.

Talking to children about Ebola?

Children may be frightened by news media reports. Allow them to express themselves and ask questions. Reassure them that doctors, nurses, teachers and other adults know how it is spread and have plans to keep them safe.

For more information:

- Ebola updates (English and Spanish): www.cdc.gov/vhf/ebola/
- Local web site for updates (English and Spanish):
<http://cdph.ca.gov/programs/cder/Pages/Ebola.aspx>