



What do I need to know about the Ebola virus?

- **What is Ebola?**

Ebola is a virus which causes an infection.

- **How does Ebola spread and how do I catch it?**

You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like used needles or cloth (used sheets or towels) from an Ebola patient.

The Ebola virus is spread by **direct contact** which means that the person who is sick with the virus has blood or body fluids (urine “pee”, feces “poop”, saliva “spit”, vomit “puke”, breast milk, and semen) or objects (like used needles) touch the broken skin or body openings (like mouth, nose, eyes, or sexual contact) of another person.

- **What are the signs and symptoms of Ebola?**

Symptoms can start 2 to 21 days after contact with the virus.

Ebola causes fever (greater than 100.4°F or 38.0°C) and maybe others like:

- severe headache,
- muscle pain;
- vomiting (“puke”, “barf”);
- diarrhea (“loose poop”);
- stomach pain;
- unexplained bleeding or bruising.

- **Can Ebola be spread through mosquitos?**

There is no evidence that mosquitos or other insects can spread the Ebola virus.

- **Could Ebola be brought to the U.S. through imported animals?**

Because of the strict rules the U.S. federal government has in place for bringing in animals from Africa, it is not likely for Ebola to be brought into the country through imported animals.

- **Is food and water safe?**

Yes, you cannot get Ebola through air, water, or food.