If you have been to **Sierra Leone, Guinea, Liberia, or Nigeria** 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

If this defines you, immediately contact:

- Your healthcare provider

  **Burke County Health Department**
  700 East Parker Road
  Morganton, NC  28655
  **Phone:** 828-764-9150

**Yes**

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

**Monitor yourself for any of the following symptoms:**

- Fever
- Stomach Pain
- Weakness
- Lack of Appetite
- Headache
- Abnormal Bleeding
- Vomiting
- Joint & Muscle Aches
- Diarrhea

If you experience any of the symptoms, immediately contact:

**No**

Stay calm. Get informed.

**Facts about Ebola**

- You can't get Ebola through air
- You can't get Ebola through water
- You can't get Ebola through food

**No, but I know someone that has been to an affected area**

Stay Calm. Get informed. Share this information.

**Ebola is NOT spread 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.