



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Ebola Virus Disease

What is Ebola Virus Disease (EVD)?

Ebola virus disease (also known as Ebola hemorrhagic fever) is a very serious, often deadly disease in humans and in infected animals such as monkeys, gorillas, and chimpanzees.

What are the symptoms of EVD?

Symptoms may appear anywhere from 2 to 21 days following exposure, but often appear between 8 and 10 days following exposure.

Common symptoms include:

- Fever
- Headache
- Joint and muscle pain
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite

Some patients may experience:

- Rash
- Red eyes
- Hiccups
- Cough
- Sore throat
- Chest pain
- Difficulty breathing
- Difficulty swallowing
- Bleeding inside/outside the body

People are infectious as long as their blood and body fluids contain the virus. People who do not have symptoms are not contagious.

How is EVD spread?

It is not known how EVD is first spread to humans, but it is thought to be spread through close contact with the blood, secretions or other body fluids of an infected animal. Once the virus has been spread to humans, it is spread from person to person by contact with the blood or body fluids (e.g. stool, urine, saliva, and

semen) of an infected person; by contact with an object that is contaminated with the infected body fluids (e.g. used needles); or by contact with a dead EVD patient.

Who is at risk for EVD?

During Ebola outbreaks, people at the highest risk of getting the disease are healthcare workers (especially those caring for EVD patients or handling remains of a deceased EVD patient), and family and friends who are in close contact with and/or caring for an infected person. Healthcare workers and friends and family members of EVD patients should wear protective equipment (e.g. masks, gowns, and gloves) when caring for infected patients. Confirmed cases of EVD have been reported in: Guinea, Liberia, Sierra Leone, Democratic Republic of the Congo, Gabon, South Sudan, Ivory Coast, Uganda, Republic of the Congo, and South Africa. Researchers (e.g. those participating in animal research) or individuals who are travelling to areas where EVD outbreaks have occurred, along with healthcare workers and those involved in funeral practices who come in contact with dead EVD patients are also at high risk for the disease.

How do I know if I have EVD?

If you notice any signs or symptoms of Ebola following travel to an affected area, please, **STAY HOME**. Diagnosis of the disease is made through laboratory testing.

How is EVD treated?

No antiviral medication is available to treat EVD. Treatment is limited to relieving symptoms. This may include:

- replacing fluids and electrolytes
- maintaining oxygen and blood pressure levels
- treating for other infections that may also be present

How is EVD prevented?

At this time there is no vaccine to prevent EVD. Understanding the nature of the disease and how it is spread are important ways to prevent it from spreading further.

Several steps can be taken to prevent people from getting EVD:

- When travelling to affected areas, follow the CDC guidance for travel precautions found at <http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/viral-hemorrhagic-fevers>
 - Avoid visiting areas with outbreaks of EVD
 - Avoid contact with animals (e.g. rodents and bats) in affected countries
 - Use insecticide-treated bed nets and wear insect repellent
 - Avoid eating primates, bats, and other bushmeat in affected countries
- Listen to and follow the directions given by healthcare providers and public health officials.

- When visiting patients in the hospital or caring for someone at home, hand washing with soap and water is recommended after touching a patient, being in contact with their bodily fluids, or touching his/her surroundings.
- If you suspect someone close to you or in your community of having Ebola virus disease, encourage and support them in seeking appropriate medical treatment in a care facility.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/vhf/ebola/index.html>

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