Ebola Virus Disease
(for patients)

What is it?

Ebola is a virus that can infect people. It can also infect animals such as chimpanzees, gorillas and antelopes. Ebola causes severe illness and often causes death.

Outbreaks of Ebola have occurred in sub-Saharan Africa since 1976.

What are the symptoms?

When the disease starts, symptoms include:

- fever
- chills
- headache
- muscle pain

Other symptoms include:

- nausea, vomiting and diarrhea
- kidney and liver stop working
- bleeding inside and outside of the body

Symptoms may start 2 to 21 days after coming into contact with the virus. The most common time when symptoms start is 8 to 10 days after contact.

How is it spread?

Ebola is spread to people by direct contact with the blood or other body fluids of infected animals. Once a person is infected and shows symptoms, the virus can spread from person-to-person through contact with blood, body fluids or tissues of infected persons. The spread of the virus through casual contact is extremely unlikely.

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Is there treatment for it?

There is no approved cure, treatment or vaccine for Ebola virus disease. However, drugs and vaccines to treat and prevent Ebola are being tested. At this time, medical treatment is for the symptoms of the disease.

What can be done to prevent the spread of it?

If you have been in an area in the past 21 days where an Ebola outbreak has occurred, or been exposed to a sick person who has been to an area where an Ebola outbreak has occurred and have some or all of the symptoms, call your health care provider as soon as possible.

If you think you have Ebola Virus Disease:

- call ahead to advise the hospital of your symptoms and travel history
- if you are too unwell to travel to the hospital, call 911, and tell the paramedics of your symptoms and travel history
- do not use public transportation
- avoid contact with others

For more information

Public Health Agency of Canada

http://www.phac-aspc.gc.ca/id-mi/vhf-fvh/ebola-eng.php

**Stop the spread of germs and infection.
Clean your hands.**

Did you
clean them?