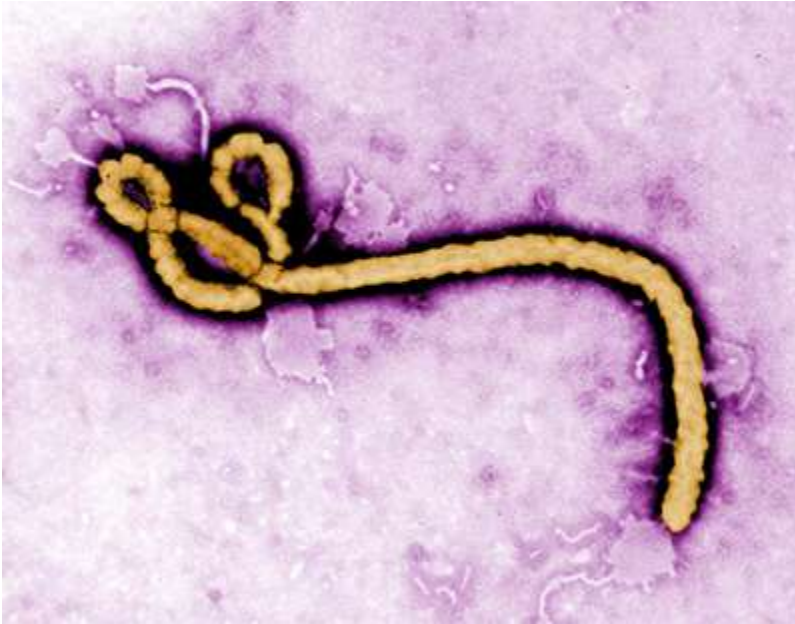


What is Ebola?

Ebola is a severe, often fatal disease that can occur in humans and some animals.



Ebola is caused by infection with a virus of the family *Filoviridae*, genus *Ebolavirus*. There are five identified Ebola virus species, four of which are known

to cause disease in humans: Ebola virus (*Zaire ebolavirus*); Sudan virus (*Sudan ebolavirus*); Taï Forest virus (*Taï Forest ebolavirus*, formerly *Côte d'Ivoire ebolavirus*); and Bundibugyo virus (*Bundibugyo ebolavirus*). The fifth, Reston virus (*Reston ebolavirus*), has caused disease in nonhuman primates, but not in humans.

How is Ebola spread?

Ebola is spread through direct contact with the blood or body fluids of an infected, symptomatic person. It is also spread through exposure to objects (such as needles) that have been contaminated with infected secretions. Ebola is not transmitted through the air, food or water. It can also spread when people have direct contact with dead bodies of people who died from Ebola or with infected bats, rodents, or primates.

How do people get Ebola?

The manner in which the virus first appears in a human at the start of an outbreak is unknown.

However, researchers believe that the first patient becomes infected through contact with an infected animal. Ebola spreads from person to person, but you can only get Ebola through unprotected, direct contact with the blood or body fluids of an infected symptomatic person, or a person who has died from, Ebola. You can also get Ebola from unprotected direct contact with

objects that have come in contact with the body fluids of someone sick with Ebola such as needles. During outbreaks of Ebola, those at highest risk include health care workers and the family and friends of infected person.

What are the symptoms of Ebola?

Symptoms of Ebola include:

- Fever
- Severe headache
- Muscle pain
- Weakness
- Fatigue
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

Symptoms can appear anywhere from 2 to 21 days after exposure to the virus though 8-10 days is most common. If symptoms start later than 21 days after exposure, the patient likely does not have Ebola.

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

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

How is Ebola diagnosed?

If a person has the early symptoms of Ebola and there is reason to believe that Ebola should be considered, the patient should be isolated at a hospital, and public health professionals should be notified. The North Dakota Department of Health (NDDoH) works with health care facilities to determine whether testing for Ebola is needed.

What is the treatment for people with Ebola?

No FDA-approved vaccine or medicine (e.g., antiviral drug) is available for Ebola.

Symptoms of Ebola and complications are treated as they appear. The following basic interventions, when used early, can significantly improve the chances of survival:

- Providing intravenous fluids (IV) and balancing electrolytes (body salts).
- Maintaining oxygen status and blood pressure.
- Treating other infections if they occur.

People with Ebola will receive medical care such as fluids, oxygen, blood transfusions, and any other medicines as needed. Early treatment is best.

Is this a new disease?

No. Ebola virus disease (EVD) first appeared in 1976 in 2 simultaneous outbreaks, one in Nzara, Sudan, and the other in Yambuku, Democratic Republic of Congo. Ebola latter occurred in a village near the Ebola River, from which the disease takes its name. The Ebola virus causes an acute, serious illness which is often fatal if untreated.

There is any vaccine for Ebola?

Not yet .**There is no FDA-approved vaccine available for Ebola.**

If you travel to or are in an area affected by an Ebola outbreak, make sure to do the following:



- Practice careful hygiene. For example, wash your hands with soap and water or an alcohol-based hand sanitizer and avoid contact with blood and body fluids (such as urine, feces, saliva, sweat, urine, vomit, breast milk, semen, and vaginal fluids).

- **Do not handle items that may have come in contact with an infected person's blood or body fluids (such as clothes, bedding, needles, and medical equipment).**
- Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
- **Avoid contact with bats and nonhuman primates or blood, fluids, and raw meat prepared from these animals.**

- Avoid facilities in West Africa where Ebola patients are being treated. The U.S. embassy or consulate is often able to provide advice on facilities.
- Avoid contact with semen from a man who has had Ebola until you know Ebola is gone from his semen.
- **After you return, monitor your health for 21 days and seek medical care immediately if you develop symptoms of Ebola.**

There is any health care facility in North Dakota to diagnose Ebola cases or provide treatment?

Yes, the North Dakota Public Health Department helps people to find three main health care facilities in the state, where healthcare workers received training and provide safe environment for Ebola assessment and possible medical care.