

# Ebola Virus Disease (Ebola)

## 1. What is Ebola?

Ebola is a virus that has caused recent disease outbreaks in West Africa.

## 2. How does Ebola spread?

Ebola spreads from person-to-person by direct contact with a patient's body fluids, like saliva, blood, vomit, urine, feces, and sweat. The virus gets into the body through broken skin or mucous membranes (spongy skin like the kind you find in your nose or mouth). Ebola can also be spread by infected objects, like needles, that have been tainted with body fluids. Ebola can also spread after death, when preparing the patient's body for burial. Ebola can't spread through the air, in food, or water.

It takes 8–10 days for most people to get symptoms, but it can range from 2–21 days. Patients can spread the virus while they have a fever or other symptoms. People who don't have symptoms can't spread Ebola.

## 3. What are the symptoms of Ebola?

Ebola can cause these signs of disease:

- Headache
- Vomiting
- Fever
- Stomach pain
- Weakness
- Lack of appetite
- Diarrhea
- Abnormal bleeding

## 4. How is Ebola treated?

There is no specific medicine or vaccine for Ebola. Instead, treatment focuses on keeping the patient alive by giving fluids and managing the serious health problems that can happen.



### Key Points:

- The risk of getting sick with Ebola is very low in the U.S. and in Orange County.
- Ebola patients can only spread the disease when they have symptoms.
- A person must have direct contact with a patient's body fluids to be infected.
- The Health Care Agency is taking safety measures to prevent its spread in Orange County, if a case were to come here.

### For more information:

Orange County Health Care Agency  
[www.ochealthinfo.com/ebola](http://www.ochealthinfo.com/ebola)

California Department of Public Health  
<http://cdph.ca.gov/programs/cder/Pages/Ebola.aspx>

Centers for Disease Control and Prevention  
[www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola)

## 5. What can you do to prevent Ebola?

There is very low risk of spread to the public. The Centers for Disease Control and Prevention (CDC) ask that the U.S. public avoid unnecessary travel to countries in West Africa that are currently affected by Ebola, since travelers may not have access to the health care they need if they get sick. If you recently visited one of these countries, and had contact with someone who had Ebola, see your doctor and mention your recent travel. Even if you did not have contact with someone who had Ebola, take your temperature two times each day. If you get a fever or other symptoms within 21 days of your return to the U.S., call your doctor and mention your recent travel. Healthcare providers that suspect an Ebola case should contact the Orange County Health Care Agency at (714) 834-8180.

## 6. What is the Health Care Agency doing to prevent Ebola in Orange County?

Right now there are no cases of Ebola in Orange County. We are taking safety measures to prevent and stop its spread in Orange County if a case were to come here. For example, we are working with:

- Healthcare providers and hospitals in the County, the CDC and the California Department of Public Health (CDPH) to find anyone who could have the disease.
- Healthcare providers and hospitals in Orange County to make sure they use good infection control practices to prevent the possible spread of Ebola if they see a patient who may have the illness.

### Learn more about the current Ebola outbreak

For information about past and current cases and deaths by country, visit:

**Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/index.html](http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/index.html)

**World Health Organization (WHO)**

[www.who.int/mediacentre/factsheets/fs103/en/](http://www.who.int/mediacentre/factsheets/fs103/en/)

