The 2014 Ebola virus disease outbreak is the most severe in recorded history in terms of human cases and deaths.

**Transmission**

A person is infectious only when symptoms appear.

People who do not have symptoms can also transmit Ebola to others through contact with bodily fluids.

You cannot get Ebola through the air or from a mosquito bite. Ebola virus disease is not an airborne infection.

You can only get Ebola:

Through direct physical contact with the bodily fluids—especially the blood—of someone who is sick with Ebola.

Through contact with contaminated surfaces or objects. The risk of transmission can be reduced by appropriate cleaning and disinfection.

**Symptoms**

The time interval from infection to onset of symptoms varies from 2 to 21 days, but the average is 6 to 10 days.

<table>
<thead>
<tr>
<th>Initial symptoms:</th>
<th>Later symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Gastrointestinal symptoms</td>
</tr>
<tr>
<td>Headache</td>
<td>Diarrhea</td>
</tr>
<tr>
<td>Joint and muscle pain</td>
<td>Abdominal pain</td>
</tr>
<tr>
<td>Vomiting</td>
<td>Respiratory symptoms</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Bleeding</td>
</tr>
</tbody>
</table>

**Treatment**

If people who show symptoms reach the hospital early in the course of the disease, they can improve their chances of survival and reduce the risk of contagion to others. Early initiation of appropriate clinical care—includes admission to hospital and fever reduction—can increase the chances of survival.

**What Healthcare Workers Should Know**

1. Evaluating patients for possible Ebola
2. Clinical presentation (suspicious)
3. Travel history
4. History of exposure
5. Admission

**Rigorous infection control measures are essential to prevent further spread of the disease.**

- Isolation of patients
- Access to and central use of personal protective equipment by health workers and distribution procedures
- Community education with clear, transparent, up-to-date information
- Coordinated implementation of public health measures in a manner proportional to the risk