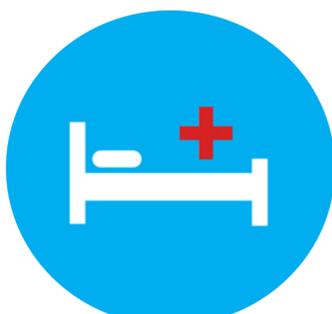


# EBOLA

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



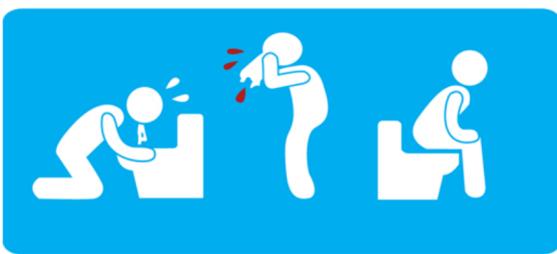
People who do not have symptoms such as fever, headache, abdominal pain, or hemorrhage are not contagious to others



not airborne

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

You can only get Ebola:

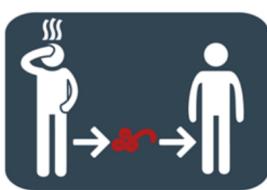


Through direct physical contact with the bodily fluids—especially the blood, feces or vomit—of a person who is sick with Ebola. Touching the body of someone who has died from Ebola can also result in infection



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

## SYMPTOMS



Ebola can only be spread to others after symptoms begin



The time interval from infection to the onset of symptoms varies from **2 to 21 days**, but the average is 8 to 10 days



### Initial symptoms:

Fever  
Severe headache  
Joint & muscle pain  
Weakness  
Sore throat



### Later symptoms:

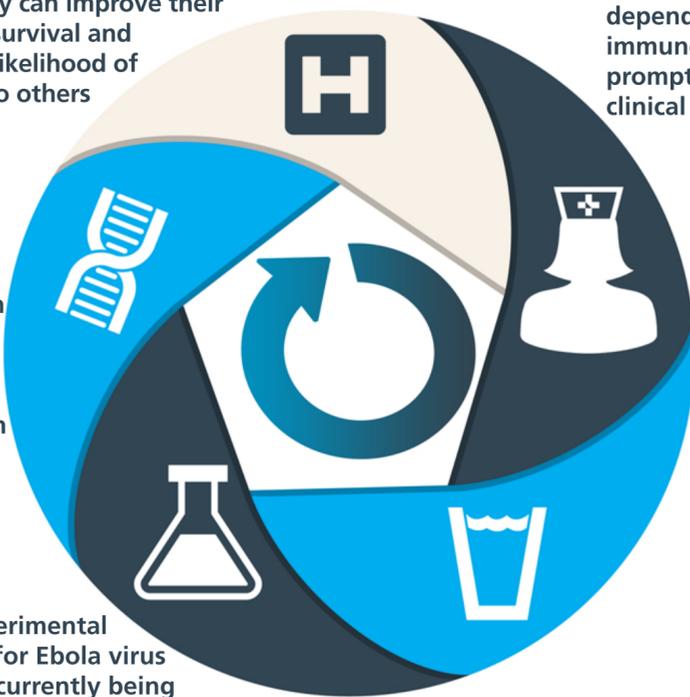
Diarrhea  
Vomiting  
Stomach pain  
Unexplained bleeding or bruising

## TREATMENT

If people who show symptoms reach the hospital early in the onset of the disease, they can improve their chances of survival and reduce the likelihood of contagion to others

Recovery from Ebola depends on the patient's immune response and prompt supportive clinical care

People who recover from Ebola infection develop antibodies that protect them from reinfection with the same strain



Several experimental treatments for Ebola virus disease are currently being studied but are not yet available

Early initiation of supportive clinical care—including hydration to enable the immune system to combat the virus—can help increase the chances of survival

## WHAT HEALTHCARE WORKERS SHOULD KNOW

### Evaluating patients for possible Ebola

The suspicion of an individual being affected with Ebola virus disease depends on the factors listed below. Any patient with the following combination **should be isolated immediately**:



Clinical presentation (symptoms)

+



Travel history

or



History of exposure

=



Isolation



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



Isolation of patients



Access to and correct use of personal protective equipment by health workers and disinfection procedures



Contact tracing



Coordinated implementation of public health measures in a manner proportional to the risks



Community education with clear, transparent, up-to-date information



Pan American Health Organization



World Health Organization  
REGIONAL OFFICE FOR THE Americas

[www.paho.org/eboladisease](http://www.paho.org/eboladisease)

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