

# Facts about Ebola

Ebola virus is **not** spread through

- **Casual contact**
- **Air**
- **Water**
- **Food grown or legally purchased in the U.S.**

## How do you get the Ebola virus?

Direct contact with

- 1 Body fluids of a person who is sick with or has died from Ebola.**  
(blood, vomit, urine, feces, sweat, semen, spit, other fluids)
- 2 Objects contaminated with the virus** (needles, medical equipment)
- 3 Infected animals** (by contact with blood or fluids or infected meat)

## Early Symptoms

Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure.

- **Fever**
- **Headache**
- **Diarrhea**
- **Vomiting**
- **Stomach pain**
- **Unexplained bleeding or bruising**
- **Muscle pain**

## When is someone able to spread the disease to others?

**Ebola only spreads when people are sick.**

A patient must have symptoms to spread the disease to others.



MONTH						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**After 21 days,** if an exposed person does not develop symptoms, they will not become sick with Ebola.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention