The current Ebola outbreak is centered in these countries in West Africa:
Liberia, Guinea, and Sierra Leone.

**What is Ebola?**

Ebola is a virus. Symptoms include elevated body temperature or subjective fever; AND/OR severe headache, muscle pain, vomiting, diarrhea, abdominal (stomach) pain, or unexplained hemorrhage (bleeding or bruising).

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola though 8-10 days is most common.

**How is Ebola transmitted?**

Ebola is transmitted through direct contact with the blood or bodily fluids of an infected symptomatic person or through exposure to objects (such as needles) that have been contaminated with infected secretions.

**Can Ebola be transmitted through the air?**

No. Ebola is not a respiratory disease like the flu, so it is not transmitted through the air.

**Can I get Ebola from contaminated food or water?**

No. Ebola is not a food-borne or water-borne illness.

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

No. Individuals who do not have symptoms are not contagious. In order for the virus to be transmitted, an individual would have to have direct contact with an individual who is experiencing symptoms.

**What can I do to prevent being infected with Ebola?**

Practice careful hygiene. Avoid contact with blood and body fluids. Do not handle items that may have come in contact with an infected person’s blood or body fluids. Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.

**What do I do if I think I have symptoms of Ebola?**

If you may have had exposure to Ebola or traveled in one of the countries with an Ebola outbreak **AND** if you become ill with a fever of 100.4 F (38.0 C) or higher **OR** have other symptoms of infection (see above) - call the University Health Center nurse at 402-472-7477 for instructions. Tell the nurse about your recent travel and current symptoms.

For more information about Ebola, please visit:

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