



Information About Ebola

Ebola is spread through direct contact with a person or animal with Ebola. Direct contact includes contact with blood, secretions, or other bodily fluids, or exposure to contaminated objects, such as needles. Body fluids include saliva, mucus, vomit, feces, sweat, tears, breast milk, urine, and semen.

Ebola cannot be spread simply by being near someone who is infected. People only become contagious after they begin to have symptoms.

The severity of the disease varies, but more than 50% of patients with Ebola have died during past outbreaks. There is no cure or vaccine; however, some people can recover with intensive treatment in a hospital setting.

Symptoms of Ebola

Symptoms of Ebola include sudden fever, sometimes with a headache and joint and muscle aches. Other symptoms may include nausea, weakness, diarrhea, vomiting, stomach pain, and lack of appetite.

Some patients may also experience rash, red eyes, hiccups, cough, sore throat, chest pain, problems breathing, problems swallowing, or bleeding inside and outside the body.

Symptoms usually appear 8 to 10 days after exposure, but may appear anywhere from 2 to 21 days after exposure.

Seek medical care right away if you have symptoms and had direct contact with a person or animal with Ebola. Tell your doctor about your recent travel, and be sure to notify the doctor's office or emergency room about your symptoms before going so that arrangements can be made, if needed, to prevent others from becoming sick.

Prevention of Ebola

Ebola is not contagious until symptoms appear. Ebola is not spread through the air, by water, or in general, food.

People should practice careful hygiene and avoid contact with the blood and body fluids of people who are ill with Ebola. **The CDC website has more prevention tips for travelers and healthcare providers.**

Texas was authorized to conduct Ebola testing in August 2014. The positive Ebola test was conducted at the state public health laboratory in Austin. The first step in Ebola testing at our lab is a virus inactivation step, which renders the specimen non-infectious.

Suspected Ebola samples will be packaged and shipped in accordance with the U.S. Department of Transportation's (DOT's) Hazardous Materials Regulations (HMR; 49 CFR Parts 171-180) as Category A Infectious Substances. Specific information regarding sample submission and acceptance to the laboratory will be provided by the laboratory receiving the sample.

More Information

For more information, **contact your local health department** or visit these links:

- **More Information for Health Care and Public Health Providers**
- **Questions & Answers** (CDC)
- **Questions and Answers about Ebola and Pets** (CDC)
- **Advice for Travelers** (WHO)
- Video: **Ebola Update from Kyle Janek, HHS Executive Commissioner** (YouTube)

- Video: **Dr. David Lakey on Ebola Case in Dallas** (Office of the Governor)

The Disaster Distress Helpline (1-800-985-5990) provides immediate crisis counseling to people concerned about Ebola virus reports. The helpline can also be accessed at **<http://disasterdistress.samhsa.gov/>** and TTY for deaf and hearing impaired: 1-800-846-8517.

Last updated October 17, 2014