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Ebola: What you need to know



Marine Forces Europe and Africa

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What is Ebola?

- Ebola is a viral disease for which there is currently no vaccine or cure.
- Ebola is extremely deadly, causing death in over 55% of infected.
- The ongoing Ebola outbreak is the largest ever documented and the first recorded in West Africa.
- The number of cases and deaths in this outbreak have exceeded all of those in the nearly two-dozen documented outbreaks since 1976 combined.



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How would I get Ebola?

Direct Contact With:

- Bodily fluids of a person who is sick or who has died from Ebola (blood, vomit urine, feces, sweat, semen, saliva, other fluids)



- Objects contaminated with the virus (needles, medical equipment)
- Infected animals (contact with blood or fluids or infected meat)

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How do I know if I have Ebola?

- Symptoms of Ebola typically include:
 - Fever (greater than 38.6°C or 101.5°F)
 - Severe headache
 - Muscle pain
 - Weakness
 - Diarrhea
 - Vomiting
 - Abdominal (stomach) pain
 - Lack of appetite

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
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.

Source: Centers for Disease Control

- Symptoms may appear anywhere from 2-21 days after exposure to the Ebola virus, although 8-10 days is most common.
- Ebola can only be spread to others after symptoms begin.

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What should I do?

Avoid travel to affected regions. If mission requires travel, take the following precautions:

- Use proper personal protection measures in high threat areas:
 - Avoid contact with persons who appear ill
 - Wash hands frequently
 - Consume food only from approved DOD sources
 - Avoid handling wildlife
- If you believe you have Ebola, notify a medical provider.
- There are no countermeasures currently approved by the FDA to treat Ebola virus infection, so timely initiation of supportive treatment is important.

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Am I at Risk?

- Overall risk to U.S. personnel in the affected geographic area is currently **LOW**.
- The amount of contact required for transmission is typically limited to health care professionals who care for Ebola patients without using appropriate PPE or those with direct contact with those who are ill.
- U.S. military medical personnel who do NOT use appropriate PPE while caring for Ebola patients or samples are at **HIGH** risk.



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What if I have additional Questions?



- Ask your unit Force Health Protection Officer, Medical Staff, or CBRN Defense Specialists.
- Review the most recent MARFORAF/UASFRICOM guidance.
- Consult the Centers for Disease Control and Prevention: www.cdc.gov.

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