

TIPS FOR YOUR HEALTH AND SAFETY

GENERAL HEALTH TIPS:

- 1 Do not share drinks, meals, utensils, cups, etc
- 2 Cough or sneeze into your upper sleeve, elbow or a tissue - not your hands
- 3 Wash your hands frequently with soap and water/alcohol-based hand cleaner
- 4 Avoid close contact with anyone showing symptoms of illness
- 5 Monitor your personal state of health
- 6 Seek care from a medical care provider if you feel ill
- 7 Get immunized for the flu
- 8 **STAY HOME IF YOU ARE SICK**

THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RECOMMENDATION IS TO SEEK MEDICAL CARE IMMEDIATELY:

If you have traveled to the West African countries of Guinea, Liberia or Sierra Leone or if you have been in direct contact with a person with active Ebola, AND, if you and develop a fever (temperature of 100.4°F/ 38.0°C or higher) and any of the other following symptoms: diarrhea, vomiting, stomach pain, headache, muscle pain, or unexplained bruising or bleeding.

If you meet these criteria for both known exposure AND symptoms, you should limit your contact with other people until you seek medical treatment. Do not travel anywhere besides a healthcare facility.

EBOLA SYMPTOMS:

Fever
(100.4 °F or higher)
Headache
Joint and muscle aches

Weakness
Vomiting
Diarrhea

Some patients may also experience

Rash
Red eyes
Hiccups
Cough
Sore throat

Chest pain
Bleeding inside & outside of the body

TRAVEL SAFETY INFORMATION:

The Ebola virus has been identified in the countries below and having close contact with blood or body fluids from an infected person or contaminated medical equipment used on an infected person may transmit infection.

- Guinea
- Liberia
- Sierra Leone



Facts *about*
Ebola
in the U.S.

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



You are at no risk of contracting Ebola if you have not had direct contact with a person with active symptoms of the disease.

www.cdc.gov/vhf/ebola/transmission/