

# KnowEbola

## Know the Facts. Take Action.

#KnowEbola

### 1. Know the Facts:

- ▶ You can only get Ebola from direct contact with a person who has symptoms
- ▶ Ebola can enter the body through broken skin and unprotected eyes, nose and mouth
- ▶ You can't get Ebola through the air, water or food



### 2. Symptoms

*Symptoms appear 2 to 21 days after exposure and include:*

- ▶ Fever greater than 100.4° F
- ▶ Headache
- ▶ Muscle pain or weakness
- ▶ Diarrhea or vomiting (sometimes bloody)
- ▶ Stomach pain
- ▶ Unexplained bleeding or bruising



### 3. Take Action

- ▶ Wash your hands often with soap & water or alcohol-based hand sanitizer
- ▶ Avoid contact with the body fluids (blood, vomit, pee, poop, spit, sweat, semen) of a person with Ebola
- ▶ Avoid contact with items (clothes, linens, needles, syringes) that have come in contact with the blood or body fluid of a person with Ebola
- ▶ Educate yourself and others



### 4. If you have symptoms . . .

- ▶ Call your doctor immediately if you have symptoms AND have been in direct contact with a person who has been diagnosed with or is at risk of contracting Ebola
- ▶ If you can't get in touch with your doctor, call 9-1-1
- ▶ Self-isolate to minimize contact with others



For more information, visit [KnowEbolaDallas.com](http://KnowEbolaDallas.com)

