

# Facts about Ebola and other current Diseases

**What is Ebola and how do you get it:** Ebola virus disease (EVD) is a viral infectious disease.

You must have Direct contact with:

1. A person ill with Ebola from the outbreak area of West Africa (Liberia, Guinea or Sierra Leone), or traveled to this area within the past 21 days.
2. Body fluids of a person who is sick with or has died from Ebola. (blood, vomit, urine, stool, sweat, semen, saliva, other fluids)
3. Objects contaminated with the virus (needles, medical equipment)

The Ebola virus is **NOT** spread through :

- Air, Water, Food grown or legally purchased in the U.S.

### Early Symptoms

Ebola can only be spread to others after symptoms begin from a person who is ill. Symptoms appear 2 to 21 days after exposure.

- Fever (greater than 38.6°C or 101.5°F)
- Headache and Muscle pain
- Diarrhea, Vomiting, Stomach pain
- Unexplained bleeding or bruising
- If you have these symptoms call your doctor immediately.

### Ebola Screening

- We are monitoring for 21 days anyone coming from Liberia, Sierra Leon, and Guinea
- Passengers coming from West Africa most arrive at one of the following airports: Kennedy International in New York, Newark Liberty International, Washington Dulles International, O'Hare International in Chicago, and Hartsfield-Jackson International in Atlanta.

### More Concern about Influenza

- Recommend all persons get vaccinated but especially children under 5 years, persons over 60 and those with underlying health conditions.
- Persons with Fever more than 100 °F, extreme muscle aching, headaches and cough should stay home and call their doctor.
- Person should practice prevention by coughing into elbow, using disposable tissues and frequently washing their hands.

Where can I get more information: Call the Health Department's Epidemiology Division at :

(956) 795-4938 and (956) 795-4900



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