

Ebola, also known as, orthoebolavirus is a group of viruses that causes severe illness and without medical treatment it can result in death. It is primarily found in Sub-Saharan Africa, cities such as Nigeria, Congo, Kenya, Ethiopia, Tanzania, South Africa, Uganda,

Ghana, and Zimbabwe. There are 4 types of orthoebolaviruses that have affected people and 2 other types that have only affected animals, thus far.

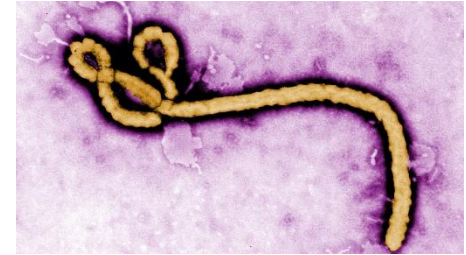
WHAT I NEED TO KNOW...

- Ebola is transmitted through direct contact with bodily fluids of an infected person or contaminated objects.
- The virus can remain active in areas throughout the body even after recovery.
- Mortality rate is as high as 80%-90%.
- Contact EH&S at ehs@cpp.edu or (949) 869-4697 for more information.

What are signs and symptoms of Ebola?

Early symptoms include fever, aches, muscle and joint pains, sore throat, severe headache, and fatigue. As the virus progresses, symptoms such as diarrhea, vomiting, nausea, loss of appetite, and internal/external bleeding occur.

Other symptoms can include eye redness, skin rashes, chest pain, seizures, and shortness of breath.



Why is it difficult to diagnose Ebola during the early stage?

Other infectious diseases such as COVID-19, flu, malaria, typhoid fever, shigellosis, meningitis, and other hemorrhagic fevers share similar signs and symptoms.

How does Ebola spread?

Primarily spreads by exposure to bodily fluids of an infected or dead person. Ebola is not passed through person to person by simply being next to them. It is not spread through air. According to the World Health Organization (WHO), burial ceremonies that involve direct contact with the body of a person who has died from Ebola can contribute to virus transmission.

How can Ebola be prevented?

Avoid contact with bodily fluids, bedding, clothes, and medical equipment that has been exposed to an infected individual or one who's currently recovering. If you currently live or are planning to travel to an area where Ebola has been confirmed, make sure to take precautions to protect yourself.

What is the incubation period?

Symptoms may start to develop 8-10 days after exposure. However, it takes about 2-21 days after exposure for an infected person to start getting severely sick.

Is there any treatment for Ebola?

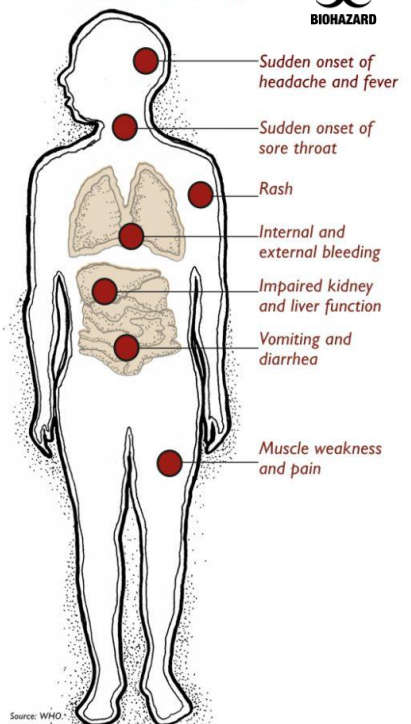
Orthoebolavirus zairense is one of the four viruses that has two approved treatments available. Supportive care is essential for the survival and recovery of the virus.

What should I do if I have recently returned from an affected area with Ebola?

Monitor your health for approximately 21 days upon arrival, check your temperature every day, especially if you're feeling sick.

Symptoms of Ebola

Incubation Period 2-21 days



Source: WHO

References

[Ebola Disease Basics | Ebola | CDC](#)

[Ebola disease | WHO](#)

[History of Ebola Outbreaks | Ebola | CDC](#)

[Ebola: What to Do After Travel | Ebola | CDC](#)

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