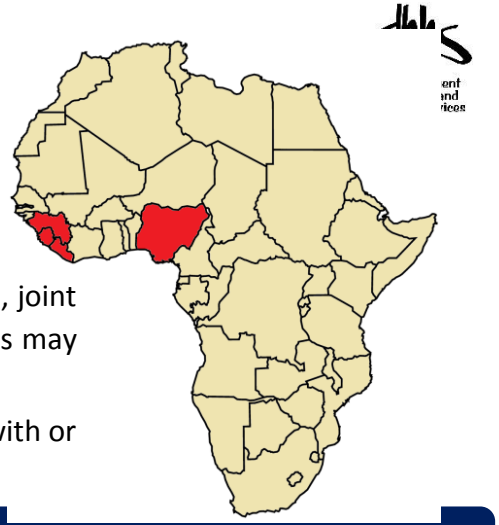
If you have been to **Sierra Leone, Guinea, Liberia,** or **Nigeria** in the past month, there is a possibility that you may have been exposed to **Ebola.**



What is Ebola? Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

How does Ebola spread? You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

Are you from that area or have you traveled there in the past month?

Yes, and I had contact with someone who was diagnosed with Ebola

Stay Calm. Get informed: "Contact" means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola

If this defines you, **immediately contact:**

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Yes

Stay calm. Get informed: A non-sick, returning person who has not had contact does not need to take any special precautions

Monitor yourself for any of the following symptoms:

Fever
Weakness
Headache
Vomiting
Diarrhea
Stomach Pain
Lack of Appetite
Abnormal Bleeding
Joint & Muscle Aches

If you experience any of the symptoms**, immediately contact**:

No

Stay calm. Get informed.

No, but I know someone that has been to an affected area

Stay Calm. Get informed. Share this information.

Ebola is NOT spread through air, water, or food.

You can live with a roommate or attend class with a student who has been to an affected area without putting yourself at risk. You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.