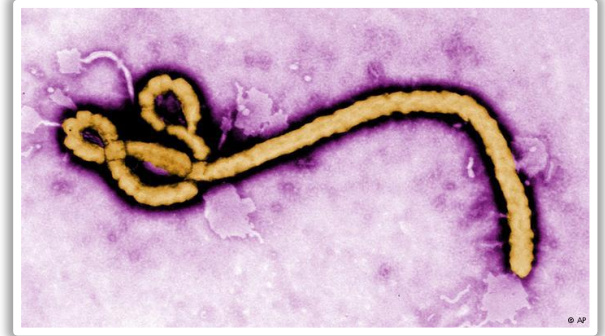


Ebola

[Ebola](#) is a rare and deadly disease caused by infection with one of the Ebola virus strains. Ebola can cause disease in humans and nonhuman primates (monkeys, gorillas, and chimpanzees). People get Ebola through direct contact with blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with or has died from Ebola. Ebola is not spread through the air. People with Ebola cannot spread the virus until after symptoms appear.



Symptoms of Ebola include fever, severe headache, muscle pain, fatigue, diarrhea, vomiting, and unexplained hemorrhage (bleeding or bruising). Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days. Recovery from Ebola depends on good supportive clinical care and the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years. There is no FDA-approved vaccine available for Ebola.

If you travel to or are [in an area affected by an Ebola outbreak](#), make sure to do the following:

- Practice careful hygiene. For example, wash your hands with soap and water or an alcohol-based hand sanitizer and avoid contact with blood and body fluids.
- Do not handle items that may have come in contact with an infected person's blood or body fluids.
- Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola.
- Avoid contact with bats and nonhuman primates or blood, fluids, and raw meat prepared from these animals.
- Avoid facilities in West Africa where Ebola patients are being treated. The U.S. embassy or consulate is often able to provide advice on facilities.
- Avoid contact with semen from a man who has had Ebola until you know Ebola is gone from his semen.
- After you return, monitor your health for 21 days and seek medical care immediately if you develop [symptoms of Ebola](#).