

## Frequently Asked Questions on Ebola November 2015

As of November 10, 2015, the Ebola outbreak involves the West African country of Guinea. On November 7, 2015, the World Health Organization (WHO) declared Sierra Leone free of Ebola transmission. Ebola does not pose a significant risk to the U.S. public.

### **What is Ebola?**

Ebola virus 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 2-21 days after exposure to Ebola virus, though 8-10 days is most common.

### **How is Ebola spread?**

Ebola is spread through direct contact with the blood or bodily fluids of an infected symptomatic person or through exposure to objects (such as needles) that have been contaminated with infected secretions.

### **Can Ebola be spread through the air?**

No. Ebola is not a respiratory disease like the flu, so it is not transmitted through the air.

### **Can I get Ebola from contaminated food or water?**

No. Ebola is not a food-borne illness. It is not a water-borne illness.

### **Can I get Ebola from a person who is infected but doesn't have any symptoms?**

No. Individuals who are not symptomatic are not contagious. In order for the virus to be transmitted, an individual would have to have direct contact with an individual who is experiencing symptoms.

### **What is being done to prevent ill passengers in West Africa from getting on a plane?**

CDC is assisting with active screening and education efforts on the ground in West Africa to prevent sick travelers from getting on planes. In addition, airports in Guinea are screening all outbound passengers for Ebola symptoms, including fever, and passengers are required to respond to a healthcare questionnaire.

### **What is CDC doing in the U.S.?**

On the remote possibility that an ill passenger enters the U.S., CDC has protocols in place to protect against further spread of disease. These include notification to CDC of ill passengers on a plane before arrival, investigation of ill travelers, and if necessary, isolation. CDC has also provided guidance to airlines for

managing ill passengers and crew and for disinfecting aircraft. CDC has issued a Health Alert Notice reminding U.S. healthcare workers of the importance of taking steps to prevent the spread of this virus, how to test and isolate suspected patients and how they can protect themselves from infection.

**What about ill Americans with Ebola who are being brought to the U.S. for treatment? How is CDC protecting the American public?**

CDC has very well-established protocols in place to ensure the safe transport and care of patients with infectious diseases back to the United States. These procedures cover the entire process -- from patients leaving their bedside in a foreign country to their transport to an airport and boarding a non-commercial airplane equipped with a special transport isolation unit, to their arrival at a medical facility in the United States that is appropriately equipped and staffed to handle such cases. CDC's role is to ensure that travel and hospitalization is done to minimize risk of spread of infection and to ensure that the American public is protected.

**What does the CDC's Travel Alert Level 3 mean to U.S. travelers?**

On November 10, 2015, CDC changed the Travel Alert Level from 3 to Alert Level 2, which recommends that U.S. residents practice enhanced precautions when traveling to Sierra Leone.

Guinea remains at a Travel Alert Level 3, which encourages U.S. citizens to defer unnecessary travel to the country. Updated travel alerts can be found at [www.rivco-diseasecontrol.org](http://www.rivco-diseasecontrol.org). Click on Disease Watch.

**What is the County of Riverside Department of Public Health doing to prepare for Ebola cases?**

Public Health has well established protocols in place to respond to urgent communicable diseases like Ebola. Doctors, hospitals and laboratories must report suspect cases immediately by telephone. Public Health ensures that health care facilities are following appropriate infection control measures to protect other patients, visitors and staff.