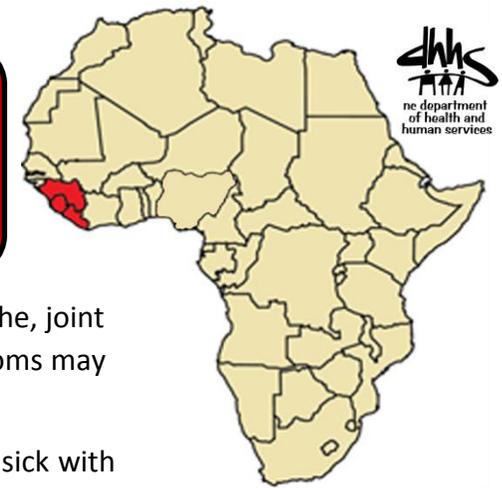


If you have been to **Sierra Leone, Guinea, or Liberia** in the past month, there is a possibility that you may have been exposed to **Ebola**.



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 describes you, immediately contact:

**Buncombe County
Health & Human Services
Disease Control
Call: (828) 250-5109
(24/7)**

Yes

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

Check yourself for any of the these symptoms:

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

If you have any of the symptoms, contact our disease control staff right away

No

Stay calm. Get informed.

Facts about Ebola

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



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.

For more information:
www.CDC.gov/vhf/ebola/index.html