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.

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

<table>
<thead>
<tr>
<th><strong>Yes, and I had contact with someone who was diagnosed with Ebola</strong></th>
<th><strong>Yes</strong></th>
<th><strong>No</strong></th>
<th><strong>No, but I know someone that has been to an affected area</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay Calm. Get informed: &quot;Contact&quot; means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola</td>
<td>Stay calm. Get informed: A non-sick, returning person who has not had direct contact does not need to take any special precautions</td>
<td>Stay calm. Get informed.</td>
<td>Stay Calm. Get informed. Share this information.</td>
</tr>
<tr>
<td>If this describes you, immediately contact:</td>
<td></td>
<td></td>
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<tr>
<td><strong>Buncombe County Health &amp; Human Services Disease Control Call:</strong> (828) 250-5109 (24/7)</td>
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</tbody>
</table>

**Facts about Ebola**

- You can't get Ebola through air
- You can't get Ebola through water
- You can't get Ebola through food

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

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For more information: [www.CDC.gov/vhf/ebola/index.html](http://www.CDC.gov/vhf/ebola/index.html)