

If you don't have a doctor, go to the closest urgent care medical center or hospital emergency room, or call 911 if you need an ambulance. No matter where you go, always call before you get there to let them know that you have recently traveled to West Africa. This will help them take care of you better.

- If someone in your family gets sick, try to avoid contact with his or her body fluids (such as vomit or diarrhea). Wash your hands with soap and water often after cleaning or caring for someone who is sick.
- Hospitals and community health centers are open to everyone in New Jersey. Use them if you need them.

For updated information about the Ebola outbreak please visit the Centers for Disease Control and Prevention website at

<http://www.cdc.gov/vhf/ebola>

For general information about Ebola, contact the New Jersey Department of Health Communicable Disease Service
609-826-5964

<http://www.nj.gov/health/cd/>

Ebola Information for Friends and Family Returning to New Jersey from West Africa:

Sierra Leone, Guinea, Liberia, and Nigeria



Adapted with permission from the Rhode Island Department of Health

Ebola outbreak in West Africa

As of August 22, 2014, there is an Ebola outbreak in four West African countries – Liberia, Sierra Leone, Guinea, and Lagos, Nigeria. It is possible this list could change in the future. For the most updated information, check the CDC website (provided on the back of this brochure). However, no one has gotten Ebola in the United States or in New Jersey and no person-to-person spread of Ebola has ever happened in the United States.

Ebola is not spread through the air

It is important to know that Ebola is not spread through the air, like flu and some other diseases. Also, you cannot get Ebola from a person who is infected but doesn't have any symptoms.

How Ebola spreads

Ebola is a virus that is only spread through direct physical contact with body fluids (blood, vomit, feces (poop), urine (pee), breast milk, sweat, semen) of someone who is sick with Ebola symptoms, or who has died from Ebola. Virus in these fluids can enter the body through hand-to-mouth contact or by rubbing your eyes and nose, cuts in the skin, or through sexual contact.

How people get Ebola

People returning from West Africa are not likely to develop Ebola infection unless they were in an area where the disease is and:

- they were in direct physical contact with body fluids (blood, vomit, feces (poop), urine (pee), breast milk, sweat, semen) of someone who is sick with Ebola symptoms or who has died from Ebola symptoms; or
- they are a medical worker who got stuck with a needle that was used on an Ebola patient; or
- they ate bush meat that was not thoroughly cooked, or handled bush meat themselves.

If someone was sick with Ebola but recovered from the disease, the virus can stay in that person's semen for three months after the person no longer has symptoms of Ebola.

What you and your family should do

- Don't handle or eat bush meat from wild animals brought back from Africa (such as monkeys, bats, forest antelope, chimpanzees, and gorillas).
- Watch for symptoms of Ebola for 21 days after returning from West Africa. Symptoms of Ebola include fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, and lack of appetite. Some patients may experience a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside of the body.
- Call a doctor immediately if you have fever or other symptoms of Ebola within 21 days of returning from travel to West Africa. When you call, tell them that you have recently traveled to West Africa so they know how to help you.

(continued)



The Ebola virus