

# Ebola Virus Disease (EVD) Prevention and Awareness

**Protect Yourself!** On 30 September 2014, the first travel-associated case of Ebola was diagnosed in the United States. Since then, several people in the Washington DC Metropolitan area have been quarantined and tested for the Ebola Virus Disease (EVD); *all tested*

*negative*. Since this area sees many travelers from around the world, it is important to understand how this disease is transmitted along with knowing the signs and symptoms, and staying abreast of the latest news and guidance to help protect yourself and others.

**PROTECT  
YOURSELF  
FROM  
EBOLA**



## Background

The 2014 Ebola Virus Disease (EVD) epidemic is the largest in history, affecting multiple countries in West Africa. There are over 7,000 reported cases, all but 3 cases located in West Africa. There are several factors for the increased risk of spread in that region; limited infrastructure for adequate health measures at border points, care-seeking behaviors across borders, and cross-border surveillance and contact tracing across and beyond borders. There are many organizations, including the Centers for Disease Control and Prevention, who have deployed personnel to assist in the containment of the disease and treatment of affected people. Increased monitoring at points of entry is in place here in the United States in an effort to mitigate this risk. Knowledge and education are the keys to preventing the spread of this deadly disease.

## Infection and Transmission

The risk of contracting EVD is low unless you come into direct contact with the blood or bodily fluids (urine, saliva, feces, vomit, sweat, and semen) of a person who is sick with Ebola. EVD can live on hard surfaces (door knobs and countertops) for several hours; however, the virus in body fluids (such as blood) can survive up to several days at room temperature. EVD can be killed with hospital-grade disinfectants (such as household bleach).

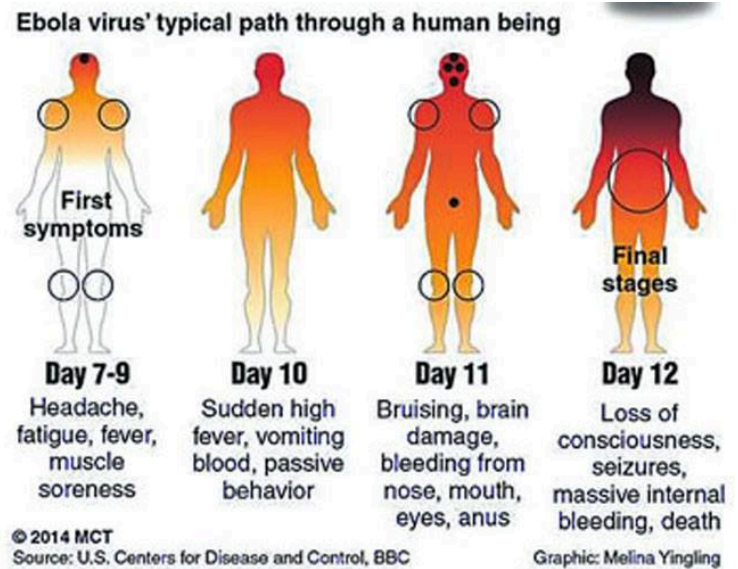


**Remember: People are not contagious before symptoms such as fever develop.**

## Symptoms

Symptoms may appear anywhere from 2 to 21 days after exposure to EVD, but the average is 8 to 10 days.

- Fever (greater than 100.4 F)
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)



## Prevention

- Practicing good hygiene is the key to preventing any spread of an infectious disease; whether it's the flu, a cold, or even the Ebola virus.
- Wash your hands frequently. As discussed earlier in this newsletter, EVD can live on hard surfaces for several hours. Soap is always the best; however, hand sanitizer works too.
- Know the symptoms of EVD.
- Avoid physical contact (like shaking hands) with people showing symptoms of EVD.

**6 WAYS TO PREVENT EBOLA**

**EBOLA IS A DANGEROUS VIRUS BUT CAN BE AVOIDED EASILY!**

- 1** AVOID PHYSICAL CONTACT WITH PEOPLE SHOWING SYMPTOMS OF THE EBOLA VIRUS
- 2** WASH YOUR HANDS REGULARLY WITH CLEAN WATER AND SOAP
- 3** KEEP AWAY FROM (FRUIT)BATS, MONKEYS, DEAD ANIMALS AND BUSH MEAT
- 4** ANIMAL PRODUCTS SHOULD BE THOROUGHLY COOKED BEFORE CONSUMPTION
- 5** INFORM HEALTH AUTHORITIES IMMEDIATELY IN CASE OF CONTACT WITH EXPECTED OR CONFIRMED EBOLA CASES
- 6** ONLY TRAVEL TO AREAS WHERE THERE IS AN EBOLA OUTBREAK IN CASE OF URGENT NEED

**SIGNS AND SYMPTOMS:** SUDDEN FEVER, INTENSE WEAKNESS, MUSCLE PAIN, HEADACHE AND SORE THROAT, POSSIBLY FOLLOWED BY VOMITING, DIARRHEA, RASH, IMPAIRED KIDNEY AND LIVER FUNCTION, INTERNAL AND EXTERNAL BLEEDING.

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When using a hand sanitizer, please refer to the product label for proper use and storage information. To be effective, the hand sanitizer needs to air dry on your skin. Most hand sanitizers should be stored between 68-77 degrees Fahrenheit.

## References

- CDC (Ebola Virus Disease) - <http://www.cdc.gov/vhf/ebola/about.html>
- World Health Organization Ebola: <http://www.who.int/csr/disease/ebola/en/>
- CDC Interim Guidance for First Responders - <http://www.cdc.gov/vhf/ebola/hcp/interim-guidance-emergency-medical-services-systems-911-public-safety-answering-points-management-patients-known-suspected-united-states.html>

## Point of Contact:

Lynn Ramsey F.N.P @ 804-674-2207 or email [Lynn.Ramsey@vsp.virginia.gov](mailto:Lynn.Ramsey@vsp.virginia.gov). Please advise her if you, or people you are in close contact with, have recently had contact with someone with Ebola virus or returned from West African countries where Ebola virus exists.

Information provided by:

Pentagon Emergency Management

Centers for Disease Control