Important Facts to Remember About Ebola

What is Ebola?
Ebola is a virus that causes problems with how your blood clots. It is known as a hemorrhagic fever virus because the clotting problems lead to internal bleeding. The virus also causes inflammation and tissue damage.

How is Ebola spread?
Ebola spreads when someone touches the body fluids of a sick person. It is also spread by touching things that have been contaminated with bodily fluids.

The Ebola virus cannot survive outside the body for more than a few hours, and it can only survive in water for a few minutes. The virus does not spread through food or water.

Who is at risk for Ebola?
You may be at risk for infection if:
- You have been to a place where people have been sick with Ebola or where animals may carry Ebola.
- You were in a place where Ebola patients were being treated and had contact with them.
- You have touched body fluids from a person with Ebola.
- You have touched sheets, towels, clothes, personal objects or other items that had contact with a person with Ebola.

What are the symptoms?
Symptoms can begin from 2 to 21 days after being infected with the virus.
- Early symptoms are similar to flu symptoms and can include:
  - Fever of 100.4 °F or higher
  - Fatigue or extreme tiredness
  - Muscle aches
  - Severe headache
- Later symptoms might include:
  - Vomiting
  - Diarrhea
  - Stomach pain
  - Rash
  - Less urine or no urine
  - Internal bleeding – You might notice unusual bleeding or bruising.
  - External bleeding
What is the treatment for Ebola?
Ebola is hard to treat and can be fatal. Treatment might include:
- Intravenous (I.V.) fluids to help keep the body hydrated
- Oxygen or assisted ventilation to support breathing
- Dialysis to help clear waste from the blood
- Medicines that help:
  - To make blood clot.
  - To increase blood pressure that is too low.

Ebola Outbreak Summary:

How widespread is Ebola?
- The spread of Ebola is a rapidly changing situation.
- Guinea, Liberia, and Sierra Leone have widespread Ebola transmission.
- The affected West African countries have very limited access to trained health care professionals and health systems.

Children’s Ebola Preparedness:

How could the Ebola outbreak impact Children’s?
- Children’s Healthcare of Atlanta is in contact with the Georgia Department of Public Health and the Centers for Disease Control and Prevention, and we are following all their recommendations. We are prepared to care for a child with serious infectious diseases and have done so in the past with H1N1 and, more recently, with Enterovirus D68.
- We have the resources, personnel, and facilities to care for a child with Ebola while protecting the health and safety of our other patients, their families, and staff.

Who can I contact if I’m worried that my child has Ebola?
Please contact your primary care physician if you have concerns. Your primary care doctor has access to the Georgia Department of Public Health, who can support screening and treatment for your child.

For more information, visit cdc.gov/ebola.