Ebola: Know the Facts
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General Info/Background
- Ebola is a virus, much like the Human Immunodeficiency Virus (HIV)
- The first signs and symptoms appear 2-21 days after the person catches the virus:
  - Fever, chills, weakness, muscle pain, headache, vomiting, diarrhea, and stomach pain
- The late signs and symptoms can occur if the disease is not treated properly: bleeding internally and externally
- The doctor can do laboratory (blood) tests to determine if a person has the disease or not.

Transmission and Travel
- It is as communicable as HIV.
- It is spread through direct contact with blood, semen, and breast milk.
- It may be transmitted after symptoms have been alleviated.
- It is NOT contracted through handshakes, casual contact, air particles, or indirect contact.
- Travel precautions:
  - There are some countries that you should avoid going to if it is not essential. The following websites are up-to-date and are good references to check before traveling:

More Information
For a more detailed description of Ebola, visit these websites:
- http://www.cdc.gov/vhf/ebola/about.html
- http://apps.who.int/ebola/
The Centers for Disease Control (CDC) and World Health Organization (WHO) are trusted sites that can be referred to for facts on these diseases as well as many others.

Current Statistics
<table>
<thead>
<tr>
<th>Country</th>
<th>Cases</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
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<td>3,492</td>
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<td>9,712</td>
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<td>Sierra Leone</td>
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<td>3,799</td>
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<tr>
<td>Total</td>
<td>25,213</td>
<td>10,460</td>
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*Total includes all cases from the current outbreak
*Case fatality rate (CFR): 41.5%

Ebola Treatment/Prevention
- One of the main problems is that people in the countries that contain the disease, is they do not have access to sterile supplies or medications needed to help the body fight the disease.
- There are no medications that will “cure” the disease; the body has to fight it off.
- There are some medications that can help the body such as intravenous (IV) fluids, so people do not become dehydrated, pain medications, anxiety medications, and fever medications.
- ZMapp is a medication that is being studied. It may be an option of treatment in the future.
- Avoid people suspected to have the disease.
- Wear gloves when helping anyone who has blood exposed.

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