

September 2014

**Check it Out!**

The Centers for Disease Control and Prevention (CDC) has radio health messages about Ebola in various local languages ([www.cdc.gov](http://www.cdc.gov))

**Did You Know?**

The likely host of the Ebola virus is bats!

Is your community interested in educational presentations or training workshops?

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# Utah Refugee Health Program



UTAH DEPARTMENT OF  
**HEALTH**

## Ebola Virus

**What is Ebola?**

**Ebola** is a rare and deadly disease caused by infection with a strain of the Ebola virus. It spreads quickly from person to person, and kills in a short time.

The 2014 Ebola outbreak is the largest since the disease first appeared in 1976 in West Africa. The four countries in West Africa that are currently affected are Guinea, Liberia, Nigeria, and Sierra Leone. **The U.S. public are not at significant risk.**

**Facts about Ebola:**

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

**Total Ebola cases as of August 31, 2014**

- 3707 total suspected and confirmed cases\*
- 1848 suspected case deaths
- 2106 lab confirmed cases

\*A **case** is defined as a patient with the disease or outcome of interest.

**How does Ebola spread?**

- Direct contact with blood or body fluids of a person who is sick with Ebola
- Contact with objects contaminated with the virus (needles, medical equipment)
- Contact with infected animals
- Ebola only spreads when people are sick. A patient must have symptoms to spread the disease to others.

**Early Symptoms:**

Symptoms can appear from 2 to 21 days after exposure (8-10 days is most common). They include:

- Fever
- Headache
- Diarrhea
- Vomiting
- Stomach pain
- Muscle pain
- Unexplained bleeding or skin rashes

**Prevention**

- Wash hands with soapy water
- Avoid contact with blood and body fluids



### Community Resource Spotlight Utah Department of Health

The Utah Department of Health has created a plan to deal with any possible case of Ebola that might turn up in the state, even though a risk of an outbreak in the US is low. More information is available at:

<http://health.utah.gov/epi/diseases/ebola>

For the **most current outbreak information** on Ebola Virus, visit the CDC Ebola website:

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