If you have been to **Sierra Leone, Guinea, Liberia, or Nigeria** in the past month, there is a possibility that you may have been exposed to **Ebola**.

**What is Ebola?** Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

**How does Ebola spread?** You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

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**Are you from that area or have you traveled there in the past month?**

**Yes**, and I had contact with someone who was diagnosed with Ebola

Stay Calm. Get informed: "Contact" means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola

If this defines you, immediately contact:

**No**, but I know someone that has been to an affected area

Stay Calm. Get informed. Share this information.

**Yes**

Stay calm. Get informed: A non-sick, returning person who has not had contact does not need to take any special precautions

**No**

Stay calm. Get informed.

**Facts about Ebola**

You can’t get Ebola through air

You can’t get Ebola through water

You can’t get Ebola through food

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For Students:
Student Health Services
Call: (252) 328-6841
gotquestions@ecu.edu
www.ecu.edu/studenthealth

For Faculty/Staff:
Office of Prospective Health
Call: (252) 744-2070

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If you experience any of the symptoms, immediately contact:

**Fever**  **Stomach Pain**

**Weakness**  **Lack of Appetite**

**Headache**  **Abnormal Bleeding**

**Vomiting**  **Joint & Muscle Aches**

**Diarrhea**

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Ebola is NOT spread through air, water, or food.

You can live with a roommate or attend class with a student who has been to an affected area without putting yourself at risk. You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.