If you have been to **Sierra Leone, Guinea, or Liberia** 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 the blood or bodily fluids of a person who is sick with or has died from Ebola
- Touching contaminated objects, such as needles
- Touching infected primates or fruit bats

### Have you lived in or traveled to any of these countries in the past 21 days?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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| Get informed.  
Contact your local health department. | Get informed.  
Share this information. |

- Discuss your risk with your local health department and create a plan to check in daily until 21 days after travel.
- Monitor yourself for any of the following symptoms:
  - Fever  
  - Headache  
  - Vomiting  
  - Weakness  
  - Diarrhea  
  - Muscle Pain  
  - Unexplained bleeding or bruising  
  - Stomach Pain
- If you experience any of the symptoms, immediately contact your local health department.

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

For more information: [www.CDC.gov/vhf/ebola/index.html](http://www.CDC.gov/vhf/ebola/index.html)

**N.C. Ebola Public Information Line:** 1-844-836-8714

**North Carolina Department of Health and Human Services**