



# Top 10 Things

You REALLY Need to Know about

# EBOLA

## You can't get Ebola from a handshake or a hug.

Ebola is spread through direct contact with infected body fluids. Direct contact means that blood or body fluids (urine, saliva, sweat, feces, vomit, breast milk, semen) from an infected person (alive or dead) have touched another person's eyes, nose, or mouth or an open cut or wound.

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## Ebola is only spread from one person to another after symptoms begin.

Symptoms of Ebola can appear anywhere from 2 to 21 days (average 8 to 10 days) after being exposed. A person infected with Ebola cannot spread it to others until symptoms begin. It is possible that Ebola virus can be spread through the semen of men who have survived Ebola.



## Ebola does not affect the safety of airline travel.

Airline travelers in the United States are extremely unlikely to become infected with Ebola. All travelers coming from Guinea arrive at one of the U.S. airports where entry screening by Customs and Border Protection and CDC is taking place.

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## Ebola is not airborne.

Ebola is not a respiratory disease and is not spread through the airborne route. There is no evidence that Ebola is spread by coughing or sneezing. Ebola might be spread through large droplets (splashes or sprays) but only when a person is very sick. That's why hospital workers must wear personal protective equipment to stay safe around people with Ebola.



## If you're feeling sick, think flu not Ebola.

Although flu and Ebola have some similar symptoms, Ebola is a rare disease, particularly in the United States. Flu is very common. To date, four cases of Ebola have been detected in the United States, and two of those were imported from West Africa. Every year in the United States, millions of people are infected with flu, hundreds of thousands are hospitalized, and tens of thousands die from flu.

Unless you have had direct contact with someone who is sick with Ebola, your symptoms are most likely caused by flu and you do not have Ebola.

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## Household bleach and other disinfectants kill Ebola.

Household bleach or an EPA-registered hospital disinfectant will kill Ebola.



## Your family members, coworkers, and neighbors returning from West Africa don't pose a danger to you and your family.

Ebola is a very low risk for travelers to West Africa. Ebola is spread through direct contact with infected blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen). Travelers coming from Guinea receive a CARE (Check and Report Ebola) kit at the airport to help them watch for Ebola symptoms. It's safe for you and your family to be around people who have traveled from West Africa as long as they do not have signs or symptoms of Ebola.

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## Mosquitoes are the deadliest insects in the world, but they don't carry Ebola.

There have been no reports of mosquitoes or other insects transmitting Ebola virus. Only mammals (for example, humans, bats, monkeys, and apes) have become infected with Ebola virus and spread it. Mosquitoes do carry other organisms, like malaria and West Nile virus, that can make people very sick, and sometimes even cause death.



## Food and drinks imported into the United States from West Africa are safe to eat and drink.

To date, no one has been infected with Ebola from foods that are imported into the United States. You can't get Ebola from food grown or legally purchased in the United States.

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## Your dog or cat cannot spread Ebola.

There have been no reports of dogs or cats becoming sick with Ebola or of being able to spread Ebola to people or other animals. Because the risk of an Ebola outbreak spreading rapidly in the United States is very low, the risk to pets is also very low.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention