

Ebola risk remains very low; it's important to know and understand why

With all the current talk and intense media coverage about Ebola, people are feeling concerned. It is important to get the facts from trusted, reliable sources. Ebola is not circulating in Minnesota. The Minneapolis Health Department is working closely with Hennepin County Public Health and the Minnesota Department of Health to monitor the situation and ensure that the public health community is ready to respond in a planned and science-based manner if needed. Surveillance for, and investigation of, infectious diseases of all kinds is what public health does daily.

Fears about Ebola can easily run high, even when actual risk continues to remain low. With that in mind, you are encouraged to [read this fact sheet](#) from the Centers for Disease Control and Prevention and to share it with others you know to learn and understand more about Ebola.

The concerns about Ebola serve as a reminder that there are many infectious diseases circulating at any given time and that every day we need to follow good infection control practices. Basic precautions include:

- Washing your hands frequently.
- Covering your mouth with a tissue or shirt sleeve when you cough or sneeze.
- Staying home when you're sick and not coming to work.
- Getting your annual flu shot.
- Maintaining a clean work environment (particularly in public access spaces).

Where can I find more information about Ebola?

Materials and information from medical and emergency professionals can be found on the websites for the Centers for Disease Control and Prevention, the World Health Organization, and the Minnesota Department of Health.

Centers for Disease Control and Prevention website on Ebola: <http://www.cdc.gov/vhf/ebola/>

Minnesota Department of Health website on Ebola:
<http://www.health.state.mn.us/divs/idepc/diseases/vhf/>

World Health Organization website on Ebola: <http://www.who.int/csr/disease/ebola/en/>

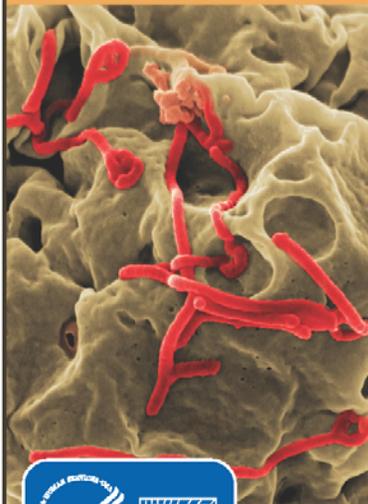
For more information, please contact the Health Department at 612-673-2301 or cityhealthpreparedness@minneapolismn.gov, or visit www.minneapolismn.gov/health/preparedness.

What You Need to Know about **Ebola**

The 2014 Ebola epidemic is the largest in history

This outbreak is affecting multiple countries in West Africa, and CDC has confirmed the first travel-associated case of Ebola to be diagnosed in the United States. About half the people who have gotten Ebola in this outbreak have died.

Although the risk of Ebola spreading in the United States is very low, CDC and its partners are taking actions to prevent this from happening.



Centers for Disease Control and Prevention
Office of the Director

A person infected with Ebola can't spread the disease until symptoms appear

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs of Ebola include fever (higher than 101.5°F) and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

Ebola is spread through direct contact with blood and body fluids

Ebola is spread through direct contact (through broken skin or through your eyes, nose, or mouth) with

- Blood and body fluids (like urine, feces, saliva, vomit, sweat, and semen) of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

Ebola is **not** spread through the air, water, or food.

Protect yourself against Ebola

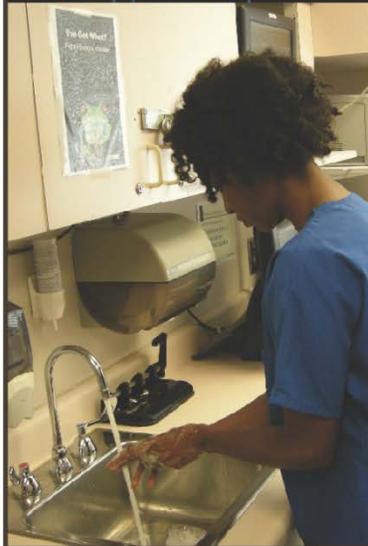
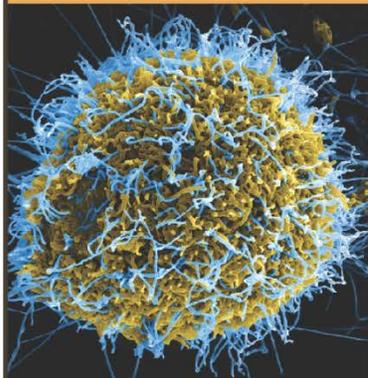
There is no FDA-approved vaccine available for Ebola. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness.

To protect yourself from Ebola

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Do **NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- Do **NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.
- Do **NOT** touch the body of someone who has died of Ebola.

"We recognize that even a single case of Ebola in the United States seems threatening, but the simple truth is that we do know how to stop the spread of Ebola between people."

—Beth Bell, MD, MPH, Director of the National Center for Emerging and Zoonotic Infectious Diseases



What to do if you are exposed to Ebola

If you have traveled to an area with an Ebola outbreak or had close contact with a person sick with Ebola, you may be at risk if you

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluids from a person with Ebola.
- Touched bats or nonhuman primates (like apes or monkeys) or blood, fluids, or raw meat prepared from these animals.
- Went into hospitals where Ebola patients were being treated and had close contact with the patients.
- Touched the body of a person who died of Ebola.



Health advisory for airline travelers

You should check for signs and symptoms of Ebola for 21 days

- Take your temperature every morning and evening.
- Watch for other Ebola symptoms, like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Call your doctor even if you do not have symptoms. The doctor can evaluate your exposure level and any symptoms and consult with public health authorities to determine if actions are needed.

During the time that you are watching for signs and symptoms, you can continue your normal activities, including going to work.

If you get sick after you come back from an area with an Ebola outbreak

- Get medical care **RIGHT AWAY** if you have a fever (higher than 101.5°F), severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Tell your doctor about your recent travel to West Africa or contact with a person who was sick with Ebola and your symptoms **BEFORE** you go to the doctor's office or emergency room. Calling before you go to the doctor's office or emergency room will help the staff care for you and protect other people.