

## HIGH RISK POPULATIONS

Those at high risk for developing Ebola Virus include:

- Healthcare providers caring for Ebola patients
- Family and friends in close contact with Ebola patients

## LEARN MORE

To find more information on pandemic illnesses, visit one of the following:

[MINNEAPOLISMN.GOV/HEALTH/PREPAREDNESS](http://MINNEAPOLISMN.GOV/HEALTH/PREPAREDNESS)

[WWW.CDC.GOV](http://WWW.CDC.GOV)

For reasonable accommodations or alternative formats please contact the Minneapolis Health Department at 612-673-2301 or [health@minneapolismn.gov](mailto:health@minneapolismn.gov).

People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.

Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.



### Minneapolis Health Department

250 S. Fourth St., Room 510

Minneapolis, MN 55415

Phone: 612-673-2301

Fax: 612-673-3866

[minneapolismn.gov/pandemic](http://minneapolismn.gov/pandemic)



[@CityofMinneapolisHealth](https://www.facebook.com/CityofMinneapolisHealth)



[@CityMplsHealth](https://twitter.com/CityMplsHealth)



# EBOLA VIRUS

[SYMPTOMS](#)

[TREATMENT](#)

[PREVENTION](#)



Ebola Virus (CDC PHIL)

## What is Ebola Virus?

Ebola is a viral infection that is highly contagious and fatal when left untreated.

### You can only get Ebola from:

- The bodily fluids of a person who is sick with or has died from Ebola
- Objects contaminated with body fluids of a person sick with or who has died from Ebola
- Infected fruit bats and primates (apes and monkeys)
- Unprotected sex with someone who is infected or has been in the past

## SYMPTOMS

Ebola symptoms typically begin abruptly within 5 to 10 days:

- Fever
- Severe headache
- Muscle pain
- Weakness
- Fatigue
- Diarrhea (may be bloody)
- Severe weight loss
- Nausea and vomiting (may be bloody)
- Abdominal (stomach) pain
- Unexplained bleeding or bruising
- Internal bleeding

## TREATMENT

There is no approved vaccine or medication for Ebola virus. If you have or suspect you have Ebola, go to the hospital immediately and notify staff of the suspected infection.

## PREVENTION

### Practice careful hygiene:

- Wash your hands
- Avoid contact with blood and bodily fluids of infected people
- Do not handle objects that may have come in contact with an infected person's blood or bodily fluids
- Take extra precaution when handling the body of a person who has died from Ebola
- Wear protective equipment and clothing when helping people who are infected

### Additional prevention techniques:

- Avoid contact with bats and nonhuman primates
- Avoid raw meat prepared from bats and nonhuman primates
- Monitor your health for 21 days after leaving a region with active Ebola Virus