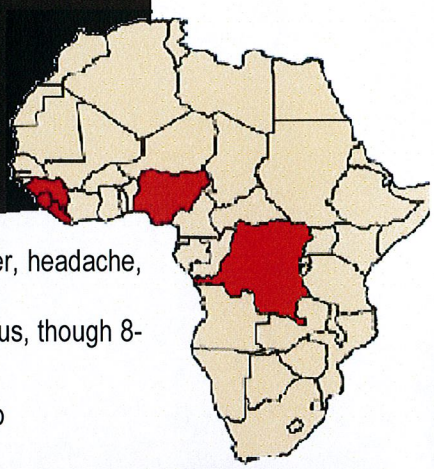
If you have been to **Sierra Leone, Guinea, Liberia, Nigeria, or Democratic Republic of Congo** in the past month, there is a possibility that you may have been exposed to **Ebola.**



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 contact with bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

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:**

Florida Department of Health

Flagler County

Epidemiology Program

(386) 437-8263

After Hours

(386) 986-7749

Yes

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

Monitor yourself for any of the following symptoms:

Fever	**Stomach Pain**
Weakness	**Lack of Appetite**
Headache	**Abnormal**
Vomiting	**Bleeding**
Diarrhea	**Joint & Muscle**

If you experience any of the symptoms, **immediately contact:**

No

Stay calm. Get informed.

You can't get Ebola through air. You can't get Ebola through water. You can't get Ebola through food.

You can only get Ebola from contact with bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

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

Stay calm. Get informed. Share this information.

Ebola is not spread like a cold or flu.

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 contact with bodily fluids from a person who is sick with or had died from Ebola, or from exposure to contaminated objects such as needles.

Facts *about* **Ebola**

You can't get Ebola through air

You can't get Ebola through water

You can't get Ebola through food

Florida HEALTH