

know how to help you. If you don't have a doctor, go to the closest urgent care medical center or emergency room, or call 911 if you need an ambulance. No matter who you call or where you go, always call before you get there to let them know that you have recently travelled to West Africa. This will help them take care of you better.

- If someone in your family gets sick, try to avoid contact with his or her body fluids (such as vomit or diarrhea). Wash your hands with soap and water often after cleaning or caring for someone who is sick.
- Hospitals and community health centers are open to everyone in Rhode Island. Use them if you need them.



For general information about Ebola, contact
the Rhode Island Department of Health

401-222-5960 / RI Relay 711
www.health.ri.gov

Ebola Information for Friends and Family Returning to Rhode Island from West Africa:

Sierra Leone, Guinea, Liberia, and Nigeria



Ebola outbreak in West Africa

Right now, there is an Ebola outbreak in four West African countries – Liberia, Sierra Leone, Guinea, and Nigeria. However, no one has gotten Ebola in the United States or in Rhode Island and no person-to-person spread of Ebola has ever happened in the United States.

Ebola is not spread through the air

It is important to know that Ebola is not spread through the air, like flu and some other diseases. Also, you cannot get Ebola from a person who is infected but doesn't have any symptoms.

How Ebola spreads

Ebola is a virus that is only spread through direct physical contact with the bodily fluids (blood, vomit, poop, pee, breast milk, sweat, semen) of someone who is sick with Ebola symptoms, or who has died from Ebola. Virus in these fluids can enter the body through hand to mouth contact or by rubbing your eyes and nose, or through sexual contact.

How people get Ebola

People returning from West Africa are not likely to develop Ebola infection unless they were in an area where the disease is and:

- they were in direct physical contact with the bodily fluids (blood, vomit, diarrhea, urine, breast milk, sweat, semen) of someone who is sick with Ebola symptoms or who has died from Ebola symptoms; or
- they are a medical worker who got a needle puncture with a dirty needle; or
- they ate bush meat that was not thoroughly cooked, or handled bush meat themselves.

If someone was sick with Ebola but recovered from the disease, the virus can stay in that person's semen for three months after the person no longer has symptoms of Ebola. This means that if someone was sick with Ebola, he or she should not have sex for three months after he or she is cured.

What you and your family should do

- Don't handle or eat bush meat from wild animals brought back from Africa (such as monkeys, bats, forest antelope, chimpanzees, and gorillas).
- Watch for symptoms of Ebola for 21 days after returning from West Africa. Symptoms of Ebola include fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, and lack of appetite. Some patients may experience a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside of the body.
- Call a doctor immediately if you have fever or other symptoms of Ebola within 21 days of returning from travel to West Africa. When you call, tell them that you have recently travelled to West Africa so they

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