

Ebola Information

KNOW THE FACTS

- There is no Ebola in Santa Clara County or California.
- Ebola can only be spread by direct contact with body fluids of a person who is sick with symptoms of the disease.
- Systems are in place for a quick response from the Public Health Department and medical community to keep the public safe.

a person who is sick with the disease. Direct contact means that the body fluid of an Ebola patient touches your eyes, nose, mouth, or through broken skin. These body fluids include blood, urine, vomit, stool, sweat, saliva, and tears.

Signs & Symptoms

The body fluids of a person infected with Ebola are not infectious until after symptoms appear. The symptoms of Ebola include fever, severe headache, muscle pain, vomiting, diarrhea, and in some patients, bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to a symptomatic Ebola patient, but the average is 8 to 10 days. It is very important to know that symptoms of Ebola do NOT include cough, sneezing, runny nose, or sore throat.

Ebola is a disease caused by the Ebola virus. Currently, there is an Ebola outbreak in the West African countries of Guinea, Liberia, and Sierra Leone. The first U.S. case of Ebola was diagnosed in September, when a traveler from Liberia became sick after arriving in Texas. Now all travelers to the U.S. from the three affected countries must undergo screening when they enter the U.S. The Public Health Department is monitoring all returning travelers from the three affected countries for 21 days.

Ebola virus does not spread through the air. It spreads by direct contact with the body fluids of



Treatment

The treatment for Ebola is medical care. This includes giving intravenous fluids, maintaining oxygen status and blood pressure, and treating for any complicating infections. There is no vaccine or cure for Ebola, but good medical care can help patients with Ebola survive until their body's immune system fights off the virus.

The Risk

Ebola still presents a low risk to the general public in the United States, and the risk in Santa Clara County is very low. Even if there was a person with Ebola in Santa Clara County, our excellent medical and public health systems make it very unlikely that infection would spread into our community.

Preparedness

The Santa Clara County Public Health Department—like all health departments in the U.S.—is experienced in contact tracing. Contact tracing is when the Public Health Department quickly identifies people who have come in direct contact with an ill patient. In the unlikely event that a patient with Ebola is confirmed in our community, contact tracing would be performed immediately, and contacts of the patient may be quarantined for the period of time that they might become infectious to

Facts about Ebola in the U.S.

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:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.



others. This is how to stop the spread of infection.

The Santa Clara County Public Health Department has been working with hospitals and healthcare providers since August on preparing for Ebola in our county, and those preparations are ongoing. Guidelines have been distributed to the county's hospitals and medical community detailing how to identify, isolate, and report any suspect cases.

FOR MORE INFORMATION

- Santa Clara Public Health Department: www.sccphd.org
- California Department of Public Health www.cdph.ca.gov/programs/cder/Pages/Ebola.aspx
- Centers for Disease Control & Prevention (CDC) www.cdc.gov/ebola