



Tarrant County Public Health

A healthier community through leadership in health strategy

The Facts About Ebola

What is Ebola?

Ebola virus is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, malaise (not feeling well), joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite, and abnormal bleeding. Symptoms appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8 to 10 days is most common. There is no vaccine or specific treatment, although experimental medications are under review.

How is Ebola transmitted?

Ebola is transmitted through direct contact with the blood or bodily fluids of an infected symptomatic person. It can also be transmitted through exposure to objects (such as needles) that have been contaminated with blood from someone who has Ebola.

Can Ebola be transmitted through the air?

No. Ebola is not a respiratory disease like the flu, so it is not transmitted through the air.

Can I get Ebola from contaminated food or water?

No. Ebola is not a food-borne illness. It is not a water-borne illness.

Can I get Ebola from a person who is infected but doesn't have any symptoms?

No. Individuals who are not symptomatic are not contagious. In order for the virus to be transmitted, an individual would have to have direct contact with an individual who is experiencing symptoms.

What is Tarrant County Public Health (TCPH) doing to safeguard travelers?

TCPH follows CDC recommendations and protocols to protect against further spread of the Ebola virus. These protocols include notification to CDC of ill passengers on a plane before arrival, investigation of ill travelers, and, if necessary, isolation. CDC has provided guidance to airlines for managing ill passengers and crew and for disinfecting aircraft. CDC has issued a Health Alert Notice reminding healthcare workers of the importance of taking steps to prevent the spread of Ebola, how to test and isolate suspected patients, and how they can protect themselves from infection. The CDC warns against non-essential travel to affected countries.

What about Americans with Ebola brought to the U.S. for treatment?

CDC has well-established protocols to ensure the safe transport and care of patients with infectious diseases back to the United States. These protocols include non-commercial air transport on planes equipped with special isolation units, and U.S. medical facilities appropriately equipped and staffed to handle such cases. CDC's role is to ensure that travel and hospitalization is done to minimize the risk of spreading infection and to protect the public.

For more information, call 817-321-4700 or visit www.tarrantcounty.com/Ebola

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