Ebola: What you need to know if you live in the U.S.

Ebola is a serious disease. It can often be deadly to humans. Because of this, many people are concerned about Ebola. However, if you live in the United States, it’s very unlikely that you will be infected with the disease.

What is Ebola? Where does it come from?
Ebola is a disease that is caused by a virus. The virus is believed to be spread to people by wild animals. In humans, Ebola can be spread from a person who has symptoms to another person. Ebola first appeared in 1976 in two outbreaks in Africa. Since then, there have been other outbreaks of Ebola in Africa. In 2014, a serious Ebola outbreak was detected in West Africa, causing thousands of deaths. The disease spread beyond Africa when sick people traveled to other countries and brought the disease with them.

How does Ebola spread between people?
Ebola is spread by direct contact — such as through broken skin or through your mouth, eyes or nose — with the body fluids of a person who is sick with the disease and has symptoms. Objects with body fluids on them, such as needles, can also spread Ebola. Body fluids include blood, vomit, feces, saliva, semen, sweat and breast milk. Ebola is not spread through the air or by water, according to the Centers for Disease Control and Prevention. It is not spread by food legally sold in the U.S. You can’t catch Ebola from mosquitoes or other insects.

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When Ebola is spread, it’s often among those who have close contact with a sick person, such as their family. Health workers can also get Ebola while caring for patients with the disease.

You can only catch Ebola from people who are infected and have symptoms.

**I live in the United States. Am I at risk for Ebola?**

The risk of catching Ebola in the U.S. is very low. Few people have ever become infected with Ebola while in the United States. In fact, as of October 2014, only two people had become infected with Ebola while in America.

They were both health workers who had cared for a sick patient who had traveled from Africa, where he caught the disease.

Another reason that you are unlikely to be at risk for Ebola is the U.S. health system. Unlike many countries in Africa, the U.S. has a strong public health network. This network works to detect dangerous diseases. It also helps prevent them from spreading. The U.S. has one of the world’s most advanced health care systems.

**What about my cat or dog?**

Household pets are not at significant risk for Ebola in the U.S., CDC says. The chances of a dog or cat being exposed to Ebola in the U.S. are very low. Pets would have to come into contact with body fluids of an infected person who has symptoms.

Even in areas of Africa with Ebola, there have been no reports of dogs or cats becoming sick with Ebola.

It’s important to keep pets away from body fluids of a person with symptoms of Ebola, however.
How can I protect myself?
If you travel to an area where there is an Ebola outbreak or are in direct contact with someone who has Ebola, CDC offers safety advice, including:
• Wash your hands and avoid contact with body fluids of an infected person.
• Don’t handle items that may have come in contact with an infected person’s body fluids. These can include clothes, bedding or medical equipment.
• Don’t touch the body of someone who has died from Ebola.
• If you are in a country with an Ebola outbreak, avoid contact with animals such as bats or monkeys or with raw or undercooked meat. Don’t eat wild animals hunted for food, also known as bush meat.

What are the symptoms?
Ebola symptoms usually appear within two to 21 days after being exposed to the virus. But the average is eight to 10 days, according to CDC.
Symptoms of Ebola are:
• fever
• severe headache
• muscle pain
• diarrhea
• vomiting
• stomach pain
• unexplained bleeding or bruising

What if I think I have Ebola?
After you return from a country with an Ebola outbreak or after being in close contact with a person sick from Ebola, you should take several steps, CDC says.
• Call your doctor and tell her or him about your recent travel or contact with a person who has Ebola.
• Monitor your health for 21 days. Take your temperature every morning and evening. Watch for symptoms.
• If you decide to visit the doctor’s office or emergency room, call ahead before you go. Tell them about your possible exposure to Ebola.

**Are there vaccines for Ebola? What about treatment?**

There are no approved vaccines or medicines for Ebola. Scientists are working to create them. In the meantime, medical care for people with Ebola can include giving them fluids, balancing their body salts and treating other infections.

Recovery from Ebola occurs when a person’s immune system fights off the virus. Patients who recover from Ebola have antibodies that last for at least 10 years, CDC says. People who have recovered sometimes have long-term effects, such as joint or vision problems.

**Where can I get more information on Ebola?**

Visit [CDC](https://www.cdc.gov), the [World Health Organization](https://www.who.int) and [APHA](https://www.apha.org).

*Sources:*

[APHA - Ebola: What you need to know if you live in the U.S.](https://www.apha.org)
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居住在美国的民众：有关伊波拉病毒，你需要了解的事实：

伊波拉病毒是一种严重的，可令人致命的疾病。因此，人们对此病都极为关注。但是，如果你住在美国，感染伊波拉病毒的机会很小。

什么是伊波拉病毒？病毒从何而来？

伊波拉是一种由病毒引起的疾病。此病毒被认为是由野生动物传播到人类。而伊波拉病毒可以通过患病的人传染给另一人。伊波拉病毒最早在1976年在非洲爆发。自那起，在非洲亦有其它多个伊波拉发病个案。

2014年，在西非发生严重的伊波拉病毒疫情，造成数千人死亡。由于患病的人前往其他国家，而将此种病毒传播到其他国家。

伊波拉病毒是如何通过人传人的？

伊波拉病毒的传播主要是通过直接接触患者的体液，例如通过破损的皮肤，口，鼻或眼睛传播给另一人。带有患者体液的物品，如针头等也可传播伊波拉病毒。体液包括血液，呕吐物，粪便，唾液，精液，汗液和乳汁等。根据美国疾病控制及预防中心的报告，伊波拉病毒是不通过空气或食水传播的，而且也不通过食用在美国合法售卖的食品或被蚊虫叮咬而受到感染。

伊波拉病毒的传播，往往是通过与患者有密切接触的人，例如他们的家人。医护人员在照顾患者时也有可能受到感染，但是要警惕，只有从感染了伊波拉病毒并出现症状的人身上才有可能受到感染。

如果我住在美国，我有受感染的危险吗？

在美国感染伊波拉病毒的风险是很低的。事实上，几乎没有人曾在美国感染伊波拉病毒。时至2014年10月为至，在美国只有两个感染伊波拉病毒的病例，而他们都是医护人员，曾在非洲已染病的伊波拉病毒患者。

同时，你不太可能在美国感染伊波拉病毒的另一个原因是全赖于美国现有的完善医疗体制。与许多非洲国家不同，美国拥有强大的公共卫生网络。该网络可以预测危险疾病，并阻止它们扩散。美国拥有世界上最先进的医疗保健系统。
那麼我的貓狗又如何？
根據美國疾病控制及預防中心的研究顯示，家居寵物都沒有特別感染伊波拉病毒的風險。在美國，寵物狗或貓接觸到伊波拉病毒的風險非常低。寵物必須接觸到有症狀的受感染人士的體液才有可能染病。即使在非洲伊波拉病毒蔓延地區，都沒有發現狗或貓感染伊波拉病毒的報告。但是最重要的一點是，即使寵物也要遠離有伊波拉患者的體液。

我該如何保護自己？
如果您到有伊波拉病毒疫情區或與伊波拉病毒感染者有直接的接觸，美國疾病控制及預防中心提供以下的安全建議：
- 洗手，避免接觸感染者的體液。
- 不要處理可能染有病者體液的物品。例如，衣服，被褥或醫療器械等。
- 不要觸摸死於伊波拉病毒的屍體。
- 如果你身處在伊波拉病毒疫情的國家，不要接觸動物，如蝙蝠、猴子或未煮熟的生肉。不要吃獵殺的野生動物，亦即稱為叢林肉。

伊波拉病毒有什麼症狀？
伊波拉病毒的症狀通常在感染病毒後2至21天後出現。根據美國疾病控制及預防中心的資料，平均為8〜10天。
伊波拉病毒的症狀主要有：
- 發燒
- 劇烈頭痛
- 肌肉疼痛
- 腹瀉
- 嘔吐
- 腹痛
- 不明原因的出血或瘀傷
如果我認為自己感染了伊波拉病毒，該如何？

如果您從伊波拉疫情區回來或曾與伊波拉病毒感染者有直接的接觸，美國疾病控制及預防中心建議您採取以下的步驟：

- 打電話給醫生，並說明你最近曾到過疫區旅行或接觸過患有伊波拉病毒的患者。
- 監控您的健康情況持續 21 天。每天早晚量體溫，並密切觀察症狀。
- 如果您想到醫生診所或急診室，請先致電並告知醫生你可能接觸過伊波拉病毒。

是否有預防伊波拉病毒的疫苗？伊波拉病毒的治療方法又如何？

目前尚沒有經核准的疫苗或藥物可以治療伊波拉病毒。科學家們正在努力研究發現治療伊波拉病毒的方法。在此期間，治療伊波拉病毒的方法是給與流質食物，平衡病人體內鈉成分，並治療其他感染。

當人的免疫系統功能擊敗了伊波拉病毒就可以康復。據美國疾病控制及預防中心的資料報告，伊波拉病毒康復者體內至少有 10 年伊波拉病毒的抗體，但病人往往帶有長期的身體毛病，例如關節或視力問題等。

我可以在哪裡得到有關伊波拉病毒的更多信息？

請到 CDC，世界衛生組織（WHO）和美國公共衛生協會（APHA）的網站查閱。

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