



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

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Ebola Virus Disease

Ebola Virus Disease (EVD) is a Viral Hemorrhagic Fever, a type of infection that can cause severe bleeding. It is a serious disease in humans with mortality exceeding 50% in those who become ill. Countries in West Africa are currently experiencing an [EVD outbreak](#) leading The World Health Organization (WHO) to declare it a Public Health Emergency of International Concern on 8 August 2014. While the EVD outbreak does not pose a direct threat to U.S. Forces, this information is to inform with situational awareness and provide precautions when traveling to areas at risk.

How do you become infected?

The virus is spread by direct contact with

- a sick person's blood or body fluids (urine, saliva, feces, vomit, and sweat)
- objects (such as needles) that have been contaminated with infectious body fluids
- infected animals

Healthcare workers and the family and friends in close contact with Ebola patients are at the highest risk of getting sick because they may come in contact with infected blood or body fluids. Unlike the influenza virus, EVD is NOT spread through the air. EVD is NOT spread by food or water BUT can be spread by consumption of 'bush-meat' (eating raw/uncooked wild animal meat, especially monkey meat).

What is my risk of becoming infected?

The risk to Navy personnel and their families is very low. Direct contact with a sick person's body fluids or objects contaminated with infectious body fluids is the only way to become infected. Those at highest risk include healthcare workers and family and friends of patients with EVD.

What are the symptoms?

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, although 8-10 days is most common. People are not contagious until they show symptoms. Some who become sick with EVD are able to recover. We do not yet fully understand why.

Prevention in travelers

Avoid contact with sick individuals in order to prevent infection with Ebola virus. The best way to do this is to not travel to areas with known EVD cases. On 29 July 2014, the Centers for Disease Control and Prevention (CDC) upgraded [travel warnings](#) for Guinea, Sierra Leone and Liberia to Level III which means to avoid nonessential travel to these areas. [NAVADMIN 196/14](#) provides guidance for Navy personnel traveling to West Africa in a leave or duty status.

If you must travel to an area with known EVD cases, make sure to do the following:

- Wash hands frequently. Avoid contact with blood and body fluids.
- Do not handle items that may have come in contact with an infected person's blood or body fluids.
- Avoid funeral or burial rituals that require handling the body of someone who has died from EVD.
- Avoid contact with bats and monkeys or blood, fluids, and raw meat prepared from these animals. Do not prepare or consume any variant of 'bush-meat'.
- Avoid hospitals where EVD patients are being treated. The U.S. embassy or consulate is often able to provide advice on healthcare facilities.
- Pay attention to your health for 21 days after your return. Seek medical care immediately if you develop fever and any of these symptoms: headache, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bruising or bleeding. Tell your doctor of any potential exposure to EVD.

How do I report a possible EVD case?

If you think you or someone you know is infected with the Ebola virus, contact your local clinic and speak with a medical provider. They will give you instructions on what to do.

EVD Resources

- **CDC EVD Home:**
http://www.cdc.gov/vhf/ebola/index.html?s_cid=cdc_homepage_feature_001
- **CDC EVD Outbreak:**
<http://www.cdc.gov/vhf/ebola/outbreaks/guinea/index.html>
- **CDC EVD Travel Notices:**
<http://wwwnc.cdc.gov/travel/diseases/ebola>
- **NAVADMIN 196/14:**
<http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2014/NAV14196.txt>
- **U.S. Department of State Travel Alerts:**
<http://travel.state.gov/content/passports/english/alertswarnings.html>