



Center for the Study of Traumatic Stress

The Center for the Study of Traumatic Stress (CSTS) is part of the Department of Psychiatry, Uniformed Services University of the Health Sciences

EBOLA: FACTS FOR MAINTAINING YOUR HEALTH

What is Ebola? Where does it come from?

Ebola is an infectious disease caused by the Ebola virus. It is *rare* but causes severe illness. The first documented case was in Africa in 1976. Ebola viruses are thought to originally come from wild animals in Africa such as chimpanzees, gorillas, and bats. Ebola is not easily transmitted. Transmission of Ebola is by direct contact from person-to-person or direct contact with infected animals. People can only spread the disease to others after they begin feeling ill, not before. The risk of catching Ebola in the general population is very low.

Ebola is not easily transmitted. People can only spread the disease to others by direct contact after they begin feeling ill.

diarrhea, sweat, semen, and breast milk of an infected person or someone who has recently died from Ebola.

- Surfaces or objects contaminated by body fluids of an infected person. This includes clothing and/or bedding.
- Unprotected sexual contact with a person who has recently recovered from Ebola. Studies have shown that the virus may be present in semen up to three months after recovery.
- Handling dead wild animals or “bush meat” in Africa.

What are the symptoms of Ebola?

Flu like symptoms with a sudden onset of:

- Fever
- Weakness
- Headache
- Muscle and joint pain
- Vomiting and diarrhea

Other symptoms can include:

- Rash
- Red eyes
- Cough
- Chest pain
- Difficulty swallowing
- Bleeding inside and outside the body

How does a person become infected? How does the disease spread?

The risk for transmission is low in the initial stages of patients with symptoms. The Ebola virus is not transmitted in the air. Ebola virus is spread by direct contact with:

- Blood and other body fluids such as vomit, urine,

How do you treat Ebola?

- People who have symptoms should seek health care immediately.
- There currently is no vaccine to prevent Ebola. Research on vaccine and drug therapy is ongoing.
- Treatment is supportive, meaning patients are treated in the hospital to relieve symptoms. There is no specific treatment or medicine that cures Ebola.

How can I protect myself from Ebola infection?

- Avoid contact with patients who are infected; specifically contact with body fluids and blood.
- Wash your hands often using soap or an antiseptic.
- Talk to your healthcare provider if you plan to travel to areas with Ebola outbreaks.
- If you develop symptoms within 3 weeks of returning from an area where Ebola is active, contact your health care provider immediately. Tell them where you traveled and any known exposure to Ebola.

Additional Resources

Centers for Disease Control and Prevention Ebola Website:
<http://www.cdc.gov/vhf/ebola/>



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EBOLA: FACTS FOR HEALTHCARE PROVIDERS

Given the recent media attention and ongoing coverage of the Ebola outbreaks in West Africa and recent case found in the U.S., it is understandable that fear and stress may be increased for patients, their families, and healthcare workers. Education about Ebola is an important step in ensuring optimal care for patients and managing the stress and anxiety for our patients, colleagues, and ourselves.

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recommend further investigation for a person who has both consistent symptoms and the following risk factors:

- Fever > 101.5°F and additional symptoms such as severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage, AND

Clinical Presentation and Course

Severe early symptoms are associated with increased mortality, which typically results from multi-organ failure and septic shock. Mortality rates range from 55-75 percent.

- Abrupt onset, generally 8-10 days after exposure
- Fever, anorexia, asthenia/weakness
- Chills, myalgias, and malaise; this can result in Ebola being confused with other more common infectious diseases like malaria, typhoid, meningococemia and others, so a high degree of suspicion is needed
- Diarrhea, nausea, vomiting abdominal pain, and a erythematous maculopapular rash can occur by day five
- Chest pain, shortness of breath, headache, confusion, conjunctival injection, hiccups, seizures, bleeding

Pathogenesis and Spread of Disease

Risk for transmission is low in the initial stages of patients with symptoms. The virus is not transmitted in the air. Ebola virus is spread by direct contact with:

- Blood and other body fluids such as vomit, urine, diarrhea, sweat, semen, and breast milk of an infected person or someone who has recently died from Ebola.
- Surfaces or objects contaminated by body fluids of an infected person. This includes clothing and/or bedding.
- Handling dead wild animals or "bush meat" in Africa.
- Unprotected sexual contact with a person who has recently recovered from Ebola. The virus may be present in semen up to 3 months after recovery.

Patient Evaluation and Diagnosis

The Centers for Disease Control and Prevention (CDC)

- Epidemiologic risk factors within the past 21 days before onset of symptoms, such as:
 - » Residence in — or travel to — an area where Ebola virus transmission is active; all patients presenting with a fever should be screened for travel history.
 - » Contact with blood, body fluids, or human remains of a patient infected with or suspected to have Ebola.
 - » Direct handling of bats or non-human primates from disease-endemic areas.

Caring for Patients with Ebola

Treatment is supportive. There is no specific treatment or medicine that cures Ebola or vaccine that prevents it. Research on vaccine and drug therapy is ongoing.

Talking with Patients Concerned about Ebola

- Listen without judgment to patients' fears/concerns.
- Avoid simple reassurances or dismissing patient concerns with statements such as "There's nothing to worry about." or "Everything will be fine."
- Educate patients that, although Ebola virus can cause serious illness, it is extremely rare.
- Inform people to seek health care as soon as symptoms appear. This also protects those close to the person from coming in contact with blood and body fluids.
- Avoid contact with patients who are infected or traveling to areas with Ebola outbreaks.
- Encourage hand washing regularly as a general infection control precaution.

Additional Resources:

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