If you have been to **Sierra Leone, Guinea, Liberia, or Nigeria** in the past month, there is a possibility that you may have been exposed to **Ebola**.

### What is Ebola?
Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

### How does Ebola spread?
You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

### Are you from that area or have you traveled there in the past month?

<table>
<thead>
<tr>
<th>Yes, and I had contact with someone who was diagnosed with Ebola</th>
<th>Yes</th>
<th>No</th>
<th>No, but I know someone that has been to an affected area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay Calm. Get informed: &quot;Contact&quot; means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola</td>
<td>Stay calm. Get informed: A non-sick, returning person who has not had contact does not need to take any special precautions</td>
<td>Stay calm. Get informed.</td>
<td>Stay Calm. Get informed. Share this information.</td>
</tr>
</tbody>
</table>

If this defines you, **immediately contact**: 

**Elizabeth City State University**

**Student Health Services**

**Phone:** (252) 335-3267

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Monitor yourself for any of the following symptoms:

- Fever
- Stomach Pain
- Weakness
- Lack of Appetite
- Headache
- Abnormal Bleeding
- Vomiting
- Joint & Muscle Aches
- Diarrhea

If you experience any of the symptoms, **immediately contact**:

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**Ebola is NOT spread through air, through water, or through food.**

You can live with a roommate or attend class with a student who has been to an affected area without putting yourself at risk. You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.