



## What

Ebola is caused by a virus, and there are four types. Evidence suggests that these viruses may circulate in bats. After transmission from an infected animal, the virus is usually spread through contact with bodily fluids from person to person.



## Who

Family members and those who provide direct medical care to people with Ebola Virus Disease (EVD) or assist with burial procedures have the highest risk of becoming infected with the virus. For non-healthcare workers, such as travelers, the risk is generally low. However, exposure to bats and primates in areas where the virus circulates increases the risk.



## Where and when

Large areas of the African continent are part of the natural habitat of the virus. Local outbreaks regularly occur. The total natural reservoir of the virus is unknown, but bats appear to be at least one of the reservoir hosts. Please consult your travel clinic for the latest advise on local outbreaks.

## Prevention

Strict infection control measures are essential to prevent transmission. Avoid unprotected contact with the blood or other body fluids of symptomatic patients. Individuals who have been exposed to the Ebola virus should be monitored for 21 days after the last exposure. New vaccines are currently being developed, but they are not yet routinely recommended or provided. There is currently no accepted post-exposure prophylaxis available.

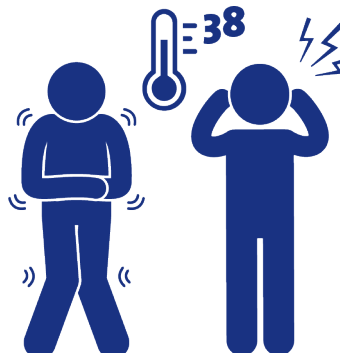


## Treatment

The mainstay of treatment for Ebola virus disease involves providing all necessary supportive care. Currently, different antiviral treatments may be available in different countries.

## Symptoms

The incubation period is usually 8-10 days (ranging from 2 to 21 days) after exposure. There is no evidence that patients can transmit the virus to others when they have no symptoms. Initial symptoms include fever, chills, headache, vomiting, lack of appetite, joint and muscle aches, and diarrhea. Around 50% of infected individuals develop signs of bleeding. In the second week of symptoms, people either recover or deteriorate.



## In case of infection

Laboratory confirmation of an Ebola infection is possible. It is essential to diagnose the disease early so that appropriate infection prevention and control measures can be implemented. Treatment is primarily supportive. Recovery is slow and often accompanied by complications.