

Ebola General Information

What is Ebola?

Ebola is a rare, sometimes fatal disease caused by a virus.

Am I at risk of getting Ebola in Contra Costa County?

The risk of Ebola is very low in Contra Costa County. There are no reported cases here.

How does Ebola spread?

Ebola can only be spread through direct contact with the body fluids of people who are already very sick from the disease, with symptoms such as fever, vomiting, diarrhea and muscle pains, or with objects that have been contaminated with body fluids, such as needles or soiled sheets.

“Direct contact” means body fluids such as blood, saliva, sweat, urine, vomit or feces would need to make contact with another person’s eyes, nose or mouth, or through broken skin, to allow the virus to pass into the body.

The Ebola virus does not spread through the air, like a cold or flu.

What is being done to prevent Ebola in Contra Costa County?

Contra Costa Health Services will be notified about anyone who comes to Contra Costa County after traveling in an Ebola-affected country. All of these travelers are now monitored in the United States, beginning at the airport, until the period when they could become sick with Ebola ends.

Additionally, the California Department of Public Health (CDPH) has issued a [risk-based quarantine order](#) for travelers who had contact with someone known to have Ebola, including healthcare workers. That means Contra Costa Health Services’ Public Health Division is responsible for assessing each case in our county individually to determine an appropriate plan for ensuring public safety.

All travelers to Contra Costa County from an Ebola-affected country will be assessed by staff from the Public Health Division until 21 days have passed since their departure. Those with no symptoms will be checked twice daily, and must report any change immediately. If someone does get sick, Contra Costa Health Services has detailed plans in place to contain the disease, ensure the safety of all county residents, and successfully treat the patient.

Key Points:

- The risk of getting sick with Ebola is very low in the U.S. and in Contra Costa County.
- Ebola patients can only spread the disease when they have symptoms.
- A person must have direct contact with a patient’s body fluids to be infected.
- Contra Costa Health Services is taking safety measures to prevent its spread in Contra Costa County, if a case were to come here.

Learn More About Ebola

Contra Costa Health Services

cchealth.org/ebola

Follow us on Twitter at

twitter.com/CoCoHealth

Connect with us on Facebook

facebook.com/ContraCostaHealthServices

California Department of Public Health (CDPH)

cdph.ca.gov/programs/cder/Pages/Ebola.aspx

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/vhf/ebola>

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What are the symptoms?

Ebola can cause these symptoms:

- Headache
- Vomiting
- Fever
- Stomach pain
- Weakness
- Joint & muscle aches
- Diarrhea
- Abnormal bleeding

It usually takes eight to 10 days to develop symptoms, but it can take as little as two days or as long as 21 days. Remember, people who do not have symptoms cannot spread Ebola.

How is Ebola treated?

There is no vaccine for Ebola, or a specific medicine for treating it. Treatment focuses on keeping the patient supported and managing their symptoms.

What would happen if there was an Ebola case in Contra Costa County?

Contra Costa Health Services and its partners have detailed plans for containing Ebola, treating the sick and ensuring the safety of the public in the unlikely event that someone in Contra Costa County gets the disease.

If an Ebola case were suspected in Contra Costa County, the patient would be isolated. The Contra Costa Health Services Public Health Division would immediately contact and evaluate every person with whom the patient had contact during the time the patient was potentially contagious.

Medical and emergency service workers in Contra Costa County are being trained how to identify, treat and transport Ebola patients, and how to keep themselves and the public safe. Hospitals and health clinics are also training to prevent exposure to staff and other patients, and ensure that sick people are transported to an appropriate place for care.

I had contact with someone from Africa. Am I at risk?

Most of Africa is free of Ebola. Guinea is the only country as of November 2015 that is affected by Ebola. People who have traveled from an Ebola-affected country more than 21 days ago and are not sick do not have Ebola.

If you traveled from an Ebola-affected country in the past 21 days, please call us at **925-313-6740**.

Is it safe to fly?

The CDC considers airline travelers extremely unlikely to become infected with Ebola in the United States. For more information, visit cdc.gov/ebola