

# Ebola Virus Disease Social Media Messaging

## Facebook

- Learn more about the #Ebola Virus Disease Outbreak with this video by [tag @U.S. Army Public Health Command] <https://www.youtube.com/watch?v=mBykHhAojDc>
- #Ebola Virus Disease can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure.
- Symptoms of #Ebola Virus Disease typically include fever (greater than 101.5°F), severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal (stomach) pain, lack of appetite.
- #Ebola is spread through direct contact with bodily fluids of a sick person or exposure to objects such as needles that have been contaminated.
- #Ebola Fact: A person infected with #Ebola is not contagious until symptoms appear. <http://go.usa.gov/fkUj>
- #Ebola Fact: Ebola virus is spread through direct contact with the blood or body fluids (including but not limited to feces, saliva, sweat, urine, vomit, and semen) of a person who is sick with Ebola. The virus in blood and body fluids can enter another person's body through broken skin or unprotected mucous membranes in, for example, the eyes, nose, or mouth.
- #Ebola Fact: Ebola virus is not spread through casual contact, air or by water, or by any food grown or legally purchased in the United States.
- Check out this link for information from [tag @U.S. Army Public Health Command] on #Ebola. They've got links & videos for Soldiers and Families [1.usa.gov/1pkbloX](http://1.usa.gov/1pkbloX)
- What you need to know about #Ebola brochure from the [tag @U.S. Army Public Health Command] <http://phc.amedd.army.mil/PHC%20Resource%20Library/EVDtrifold.pdf>
- #Ebola Virus Disease information for Soldiers <http://go.usa.gov/fNEC> via [tag @U.S. Army Public Health Command]
- #Ebola Virus Disease information for Family Members <http://go.usa.gov/fNER> via [tag @U.S. Army Public Health Command]

## Twitter

Hashtags: #Ebola, #Ebolaoutbreak, #ebolavirus, #EbolaResponse

- Learn more about the #EbolaVirus Disease outbreak w/ this video by @USAPHC <https://www.youtube.com/watch?v=mBykHhAojDc>
- #Ebola Virus Disease can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure
- Symptoms of #Ebola typically include fever > 101.5°F, headache, muscle pain, weakness, diarrhea, vomiting, stomach pain, lack of appetite
- #Ebola is spread through direct contact w/ bodily fluids of a sick person or exposure to objects such as needles that have been contaminated
- #Ebola Fact: A person infected with #Ebola is not contagious until symptoms appear. <http://go.usa.gov/fkUj>

- #Ebola Fact: Ebola virus is not spread through casual contact, air or by water, or by any food grown or legally purchased in the U.S.

- Get the facts about #Ebola. Here's what you need to know about when a person can spread the disease to others. [insert infographic for 'When is someone able to spread the disease to others' from CDC]

- Check out this link for information from @USAPHC on #Ebola. They've got links & videos for Soldiers and Families [1.usa.gov/1pkbloX](http://1.usa.gov/1pkbloX)

- What you need to know about #Ebola brochure <http://go.usa.gov/fNPK> from @USAPHC

- #EbolaVirus Disease info for #Soldiers <http://go.usa.gov/fNEC> via @USAPHC

- #EbolaVirus Disease info for Family Members <http://go.usa.gov/fNER> via @USAPHC

## Infographics

<http://www.cdc.gov/vhf/ebola/resources/infographics.html>

<http://www.whitehouse.gov/blog/2014/10/15/heres-what-you-need-know-about-our-response-ebola-right-now>

<http://www.who.int/csr/disease/ebola/messages/en/>

### FACTS ABOUT EBOLA

**Early Symptoms:**  
Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure.

- **Fever**
- **Stomach pain**
- **Headache**
- **Muscle pain**
- **Diarrhea**
- **Unexplained bleeding or bruising**
- **Vomiting**



### Facts about Ebola in the U.S.

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



### Facts about Ebola

Ebola virus is **not** spread through

- **Casual contact**
- **Air**
- **Water**
- **Food grown or legally purchased in the U.S.**

### FACTS ABOUT EBOLA

**How do you get the Ebola virus?**  
Direct contact with:

- 1 **Bodily fluids of a person who is sick with or has died from Ebola** (blood, vomit, pee, poop, sweat, semen, spit, other fluids)
- 2 **Objects contaminated with the virus** (needles, medical equipment)
- 3 **Infected animals** (by contact with blood or fluids or infected meat)



### GET THE FACTS ON EBOLA

**EBOLA IS NOT SPREAD THROUGH:**

- Casual contact with someone who has no symptoms of the disease
- Air
- Water
- Food in the United States

WH.GOV/EBOLA-RESPONSE

### FACTS ABOUT EBOLA

**When is someone able to spread the disease to others?**  
Ebola only spreads when people are sick. A patient must have symptoms to spread the disease to others.



**After 21 days**, if an exposed person does not develop symptoms, they will not become sick with Ebola.

MONTH						
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29	30	31				



# What You Need to Know about **Ebola**

## The 2014 Ebola epidemic is the largest in history

This outbreak is affecting multiple countries in West Africa. One imported case and associated locally acquired cases in healthcare workers have been reported in the United States.

CDC and its partners are taking precautions to prevent the further spread of Ebola within the United States.



Centers for Disease Control and Prevention  
Office of the Director

## A person infected with Ebola can't spread the disease until symptoms appear

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs of Ebola include fever and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

## Ebola is spread through direct contact with blood and body fluids

Ebola is spread through direct contact (through broken skin or through your eyes, nose, or mouth) with

- Blood and body fluids (like urine, feces, saliva, vomit, sweat, and semen) of a person who is sick with Ebola.
- Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

Ebola is **not** spread through the air, water, or food.

## Protect yourself against Ebola

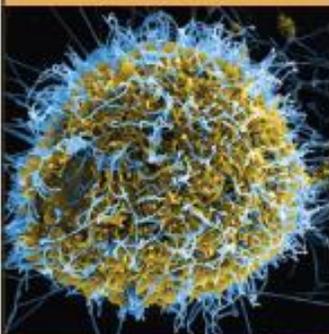
There is no FDA-approved vaccine available for Ebola. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness.

### To protect yourself from Ebola

- **DO** wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Do **NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.
- Do **NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.
- Do **NOT** touch the body of someone who has died of Ebola.

*"Ebola is hard to fight, but we know how to fight it and how to beat it... We're going to put in extra measures of safety to protect Americans."*

—CDC Director Tom Frieden, MD, MPH



## What to do if you are exposed to Ebola

**If you have traveled to an area with an Ebola outbreak or had close contact with a person sick with Ebola, you may be at risk if you**

- Had direct contact with blood or body fluids or items that came into contact with blood or body fluids from a person with Ebola.
- Touched bats or nonhuman primates (like apes or monkeys) or blood, fluids, or raw meat prepared from these animals.
- Went into hospitals where Ebola patients were being treated and had close contact with the patients.
- Touched the body of a person who died of Ebola.



Health advisory for airline travelers

### You should check for signs and symptoms of Ebola for 21 days

- Take your temperature every morning and evening.
- Watch for other Ebola symptoms, like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Call your doctor even if you do not have symptoms. The doctor can evaluate your exposure level and any symptoms and consult with public health authorities to determine if actions are needed.

During the time that you are watching for signs and symptoms, you can continue your normal activities, including going to work.

### If you get sick after you come back from an area with an Ebola outbreak

- Get medical care **RIGHT AWAY** if you have a fever, severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Tell your doctor about your recent travel to West Africa or contact with a person who was sick with Ebola and your symptoms **BEFORE** you go to the doctor's office or emergency room. Calling before you go to the doctor's office or emergency room will help the staff care for you and protect other people.

For more information: [www.cdc.gov/ebola](http://www.cdc.gov/ebola)