



## 2014 Ebola Resources:

The Centers for Disease Control and Prevention (CDC) has recognized the increased concern about an Ebola outbreak within the U.S. It has noted that an outbreak is highly unlikely primarily due to the strength of the U.S. healthcare system having tools, specific resources and technology readily available.

The CDC has posted specific information about Ebola that can help provide you with additional information about this virus and how you can protect yourself.

**Signs and Symptoms:** Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola. Recovery from Ebola depends on the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years. These antibodies help the body "gear up" and fight the virus more aggressive if a person is ever re-exposed. Hence reducing the chances of significant symptoms may occur. Learn more about the specific signs and symptoms: <http://www.cdc.gov/vhf/ebola/symptoms/index.html>

**Transmission:** When an infection occurs, the virus can be spread through direct contact with blood or body fluids. It is important to note that the Ebola virus is not spread through the air. Learn more about how the Ebola virus is transmitted: <http://www.cdc.gov/vhf/ebola/transmission/index.html>

**Prevention:** Through good hygiene you can protect yourself from viruses including Ebola. Frequent hand washing, using hand sanitizer, and cleaning areas of frequent contact are all ways to protect yourself. Learn more about prevention techniques: <http://www.cdc.gov/vhf/ebola/prevention/index.html>

**Questions and Answers from the CDC:** In stressful situations there can be inaccurate information shared which increases anxiety. Be sure to get your updates and information from a reliable news source or from the CDC. <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html>

*This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.*

*Source: Centers for Disease Control and Prevention - [www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/united-states-imported-case.html](http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/united-states-imported-case.html)*