

Ebola Information for West Africans Living in the United States



What You Should Know

- Ebola is a rare and deadly disease.
- The West Africa Ebola outbreak is the largest in history and continues to mostly affect the three countries of Guinea, Liberia, and Sierra Leone.
- Ebola is spread through **direct** contact with infected blood and body fluids (pee, poop, spit, vomit, sweat, and semen).
- Ebola is not spread through casual contact with a person who is not sick or showing symptoms. Symptoms may include: fever, headache, muscle pain, feeling weak or tired, vomiting, diarrhea, stomach pain, or bleeding or bruising that does not have a known cause.

West Africans in the United States may face negative responses from people in their community because of the current Ebola outbreak. People may say bad things about you, or try to stop you or your family from everyday activities like work, school, shopping, or spending time with friends. This is known as stigma. Stigma mostly occurs because of fear—people fear Ebola and the disease is linked with a specific region of the world. You are not more at risk for Ebola because of your specific race or country of origin.

What you can do about stigma directed towards you or your family:

- Learn about Ebola and how it is spread. Share correct information.
- Remind people that Ebola cannot be spread unless someone is sick from the disease.
- If you are doing daily health checks because you are at risk of exposure, tell people what you are doing. This will help them to understand that you are doing your part to protect others.
- Show support for people who have returned from the region or are worried about friends or relatives in the affected countries.



Get the facts on Ebola: www.cdc.gov/ebola

Considering a trip to Guinea, Liberia, or Sierra Leone?

CDC urges all U.S. residents to avoid travel to Guinea, Liberia, and Sierra Leone, unless it is required, because of the widespread outbreaks of Ebola in these countries.

- If you must travel to Guinea, Liberia, or Sierra Leone during the current outbreak, protect yourself and your loved ones with these tips
 - DO wash your hands often with soap and water or use an alcohol-based hand sanitizer.
 - Do **NOT** touch the blood or body fluids (pee, poop, spit 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. This includes clothes, bedding, needles, or medical tools.
 - Do **NOT** touch the body of someone who has died of Ebola. High levels of the virus can remain in the blood and body fluids of a dead person for several days.



Have you recently returned from Guinea, Liberia, or Sierra Leone?

- If you recently returned from West Africa and may have been exposed to Ebola, you will be asked to do daily health checks for 21 days. Each day, you are asked to
 - Take your temperature every morning and evening.
 - Check to see if you have any symptoms. Symptoms include headache, muscle pain, feeling tired or weak, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- You will receive a CARE Kit at the airport when you come back from West Africa. Use the CARE Kit thermometer, symptom card, and log to record your daily health check. An Iowa public health worker will contact you about your health checks.
 - If you have any symptoms, follow what you were told by the public health worker who contacted you.

If you or a family member develops Ebola symptoms after suspected exposure

- **Do NOT be afraid to seek medical care to protect yourself, your family, and community.**
- If there is any chance that someone has been exposed to Ebola and is sick, they should immediately call the **Iowa Department of Public Health at 1-800-362-2736 or (515) 323-4360**. The Iowa Department of Public Health will help get you medical care

**Get the Facts
on Ebola:**

www.cdc.gov/ebola



[CDC Audio Recordings for West Africans Living in the United States](#)