



Ebola Information for Rhode Island

Ebola outbreak in West Africa

There is currently an Ebola outbreak in three countries in West Africa – Guinea, Liberia, and Sierra Leone. There have also been cases of Ebola in Mali. However, no one has gotten Ebola in Rhode Island.

Who is at risk?

In Rhode Island, only people who have been in Guinea, Liberia, Sierra Leone, or Mali in the past 21 days are at risk of getting Ebola. Even if someone has relatives in Guinea, Liberia, Sierra Leone, or Mali, that person is not at risk for Ebola unless that person has traveled to one of these countries in the past 21 days.

How Ebola spreads

Someone can get Ebola by contacting the body fluids of someone who has Ebola, or by contacting the body fluids of someone who has died of Ebola. (For example, blood, vomit, feces, urine, saliva, breast milk, sweat, and semen.)

Ebola cannot be spread through the air, through the water, or through food in the United States. Ebola cannot be spread through casual contact.

The symptoms of Ebola

People who have Ebola are not contagious until they have the symptoms of Ebola. The symptoms of Ebola are:

- Fever
- Vomiting
- Muscle pain
- Weakness
- Diarrhea
- Headache
- Stomach pain
- Lack of appetite
- Unexplained bleeding or bruising

Rhode Island's program of monitoring travelers

The Rhode Island Department of Health is monitoring the health of all people who come to Rhode Island from Guinea, Liberia, Sierra Leone, and Mali. This monitoring is done for the 21 days after someone's last possible exposure to Ebola. (A person will not develop Ebola if they do not show symptoms in the 21 days after their last exposure to Ebola.)

What you should do

Only people who have been in Guinea, Liberia, Sierra Leone, or Mali in the past 21 days are at risk of getting Ebola. However, everyone should always practice good health habits to prevent the spread of diseases.

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Do not touch the blood or body fluids of people who are sick.
- Do not touch things that may have come in contact with a sick person's blood or body fluids. These could include clothes, blankets and bed sheets, or medical equipment.
- Use hospitals and community health centers if you need them. They are open to everyone in Rhode Island.

More information

Rhode Island Department of Health
www.health.ri.gov/ebola
401-222-8022 / RI Relay 711 (English and Spanish)

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/ebola