

## How is Texas Health Resources protecting patients, visitors and staff from Ebola?

Texas Health Resources has a robust infection control system and our staff is trained and prepared to take care of patients with a variety of infectious diseases, including Ebola.

Texas Health hospitals are following all federal Centers for Disease Control (CDC) protocols, including isolating the patient and taking proper infection control precautions to avoid exposure and exposing others.

## What precautions does the CDC require?

To protect hospital patients, visitors and staff, Texas Health Resources is following these CDC precautions:

- Isolating patients with Ebola or Ebola symptoms from other patients.
- Wearing protective clothing, including masks, gloves, gowns, and eye protection.
- Practicing proper infection control and sterilization measures.
- Notifying health officials if anyone has direct contact with the blood or body fluids, such as but not limited to, feces saliva, urine, vomit, and semen of a person who is sick with Ebola.

## If I visited or have been a patient at Texas Health Dallas recently, do I risk exposure to Ebola?

Ebola is only transmitted through direct contact with blood or body fluids of an infected person. Texas Health Dallas is taking every precaution to protect patients, healthcare workers and visitors.

## How do I know if I was in an area of the hospital close to the person who may have been exposed to Ebola?

Texas Health Dallas is following strict CDC protocols relative to isolation of the exposed patient. Visitors and patients are kept at a safe distance from isolation areas and these areas are only accessible by healthcare professionals assigned to the medical care of the patient involved.

## Will you release information about where the person who was exposed to Ebola traveled, lived and places he or she may have visited in Dallas?

Patient information is strictly protected information. The Centers for Disease Control and Prevention may release further information if they determine there is a public need. Questions of this nature should be directed to CDC.

## Should I still keep my scheduled appointments at Texas Health Dallas or Texas Health Resources facilities?

After consultation with the CDC, Texas Department of Health and other healthcare officials, we are confident that our facilities are safe for patients, physicians, staff, volunteers and the general public.

## Will you release information about where the person who was exposed to Ebola is located in the hospital?

The patient has been kept in isolation following all CDC guidelines. Isolation areas are not accessible by the general public, patients or guests. Patient information is not releasable at any time without direct consent by the patient.

## What is Ebola Virus Disease?

Ebola, previously known as Ebola hemorrhagic fever, is a rare and deadly disease caused by infection with one of the Ebola virus strains.

## How is Ebola transmitted?

Ebola viruses are transmitted through direct contact with blood or body fluids. Ebola is not spread through the air or by water, or in general, food.

## What does "direct contact" mean?

Direct contact means that body fluids (blood, saliva, mucus, vomit, urine, or feces) from an infected person (alive or dead) have touched someone's eyes, nose, or mouth or an open cut, wound, or abrasion.

## What are body fluids?

Ebola has been detected in blood and many body fluids. Body fluids include saliva, mucus, vomit, feces, sweat, tears, breast milk, urine, and semen.

## Can Ebola spread by coughing or sneezing?

Respiratory illnesses like measles or chickenpox can be transmitted by virus particles that remain suspended in the air after an infected person coughs or sneezes. Ebola is only transmitted by direct contact with body fluids of a person who has symptoms of Ebola disease. Coughing and sneezing are not common symptoms of Ebola, but if a patient with Ebola coughs or sneezes on someone, and saliva or mucus come into contact with that person's eyes, nose or mouth, these fluids may transmit the disease.

## Can Ebola be spread through mosquitos?

There is no evidence that mosquitos or other insects can transmit Ebola viruses. Only mammals (for example, humans, bats, monkeys and apes) have shown the ability to spread and become infected with Ebola virus.

## How long does Ebola live outside the body?

Ebola is killed with hospital-grade disinfectants (such as household bleach). Ebola on dried surfaces such as doorknobs and countertops can survive for several hours; however, virus in body fluids (such as blood) can survive up to several days at room temperature.

## Where can I find more information about Ebola?

Visit the Centers for Disease Control and Prevention website: [www.cdc.gov/ebola](http://www.cdc.gov/ebola).

# FACTS About Ebola Virus

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



## You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## WEST AFRICA Ebola Outbreak



1st Ebola outbreak in West Africa

Multiple countries:

- Guinea
- Liberia
- Nigeria
- Senegal
- Sierra Leone



Likely host = bats

**1 in 2**

people who get Ebola  
in this outbreak have  
died.

## How do you get the Ebola virus?

Direct contact with:

- 1** Body 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)

## Early Symptoms:

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

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

## 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.



MONTH						
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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