

ARE YOU ARRIVING FROM DRC OR UGANDA?

THEN THIS INFORMATION IS FOR YOU!

? What is it?

- ▶ Ebola disease is a **rare but serious** disease.
- ▶ This outbreak was first identified in the Democratic Republic of the Congo (DRC), where most cases have so far been diagnosed.
- ▶ The current outbreak is caused by the **Bundibugyo species**, for which there is no approved vaccine or targeted treatment.
- ▶ This virus naturally occurs in certain wild animals, including bats, monkeys, and antelopes

! Am I at risk?

- ▶ You can only become infected through contact with the blood or other bodily fluids of an infected person or animal (whether living or dead).
- ▶ The virus is **NOT** spread through the air and is also generally not transmitted by coughing or sneezing.

🧠 What are the symptoms?

- ▶ It can take **2 to 21 days** after a person is infected before they become ill.
- ▶ Symptoms often begin with fever, headache, and joint or muscle pain.
- ▶ As the disease progresses, people may also develop a sore throat, nausea, vomiting, diarrhoea, and internal or external bleeding.

🏠 What should I do when I get home?

- ▶ Monitor your health closely and self-isolate if you are showing any symptoms.
- ▶ If you believe you have symptoms, contact your **family doctor or emergency health service** by phone immediately. Do not visit your healthcare provider in person!
- ▶ Make sure to mention:
 - Your exact symptoms
 - Where you have been travelling
 - Whether you have been in contact with anyone infected
- ▶ **If not treated, Ebola disease is often fatal.**



The risk to the general population in Europe from the current Ebola disease outbreak in DRC and Uganda remains very low.



A person with Ebola disease only becomes infectious from the time when they start showing symptoms.

