If you have been to Sierra Leone, Guinea, Liberia, or Nigeria in the past month, there is a possibility that you may have been exposed to Ebola.

What is Ebola? Ebola is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8-10 days is most common.

How does Ebola spread? You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

If you have been to Sierra Leone, Guinea, Liberia, or Nigeria in the past month, there is a possibility that you may have been exposed to Ebola.

Are you from that area or have you traveled there in the past month?

| Yes, and I had contact with someone who was diagnosed with Ebola | Yes | No | No, but I know someone that has been to an affected area |
| Stay Calm. Get informed: "Contact" means you were in direct contact with body fluids (blood, vomit, sweat or semen) from a person with Ebola | Stay calm. Get informed: A non-sick, returning person who has not had contact does not need to take any special precautions | Stay calm. Get informed. | Stay Calm. Get informed. Share this information. |

If this defines you, immediately contact:

**UNCG Student Health Services**

shs.unCG.edu 336.334.5340

Monitor yourself for any of the following symptoms:

- Fever
- Stomach Pain
- Weakness
- Lack of Appetite
- Headache
- Abnormal Bleeding
- Vomiting
- Joint & Muscle Aches
- Diarrhea

If you experience any of the symptoms, immediately contact:

Ebola is NOT spread through air, water, or food.

You can live with a roommate or attend class with a student who has been to an affected area without putting yourself at risk. You can only get Ebola from touching bodily fluids from a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.