



Travelers' Health

## Ebola Bundibugyo Virus Disease in the Democratic Republic of the Congo

Level 4 - Avoid All Travel

Level 3 - Reconsider Nonessential Travel

Level 2 - Practice Enhanced Precautions

Level 1 - Practice Usual Precautions

### Key points

- The Democratic Republic of the Congo (DRC) is experiencing an outbreak of Bundibugyo virus disease (BVD) in Ituri and Nord-Kivu (North Kivu) provinces (see map).
- BVD is a type of Ebola disease (a viral hemorrhagic fever) caused by infection with the Bundibugyo virus. BVD is a serious and often deadly disease.
- CDC recommends avoiding nonessential travel to Ituri and Nord-Kivu provinces.
- No vaccines or specific treatments have been approved to prevent or treat BVD. [Early supportive care improves the chance of survival.](#)
- Local health authorities in the DRC are conducting investigations to identify infected people and their contacts to prevent further transmission and educating communities and the public about the risks and dangers of BVD.
- If you must travel to Ituri and Nord-Kivu provinces in the DRC, you should:
  - Review [Health Information for Travelers to the Democratic Republic of the Congo](#) to find out about routine precautions travelers should take when traveling to the DRC.
  - Consider getting [travel insurance](#) before you travel, including health and medical evacuation insurance, to cover yourself in case delays, injuries, or illnesses occur on your trip.
  - Avoid contact with people who have [symptoms](#) such as fever, muscle pain, and rash.
  - Avoid contact with [blood and other body fluids](#) or objects that are contaminated with them.
  - Avoid healthcare facilities in the affected areas.
  - Avoid traditional healers in the affected areas.
  - Avoid contact with dead bodies or items that have been in contact with dead bodies.
  - Avoid participating in funeral or burial practices that involve touching the body of someone who died.
  - Avoid exposure to semen from men who have recovered from BVD until testing shows that the virus is no longer in the semen.
  - Avoid contact with bats, forest antelopes, nonhuman primates (e.g., monkeys, chimpanzees, gorillas), and blood, fluids, or raw meat from these or unknown animals.
  - Avoid going into areas where bats live, such as mines or caves.
- **Monitor yourself for symptoms of BVD** while in the outbreak area **and** for 21 days after leaving. If you develop fever, headache, muscle pain, weakness, diarrhea, vomiting, stomach pain, and unexplained bleeding or bruising (a late stage

of illness):

- Separate yourself from others (isolate) **immediately**.
- **Do not travel.**
- Contact local health authorities or a healthcare facility for advice. Calling ahead before going to a healthcare facility helps the facility prepare for your arrival, including contacting health authorities and taking any precautions needed to protect staff and other patients.

## Traveler Information

- [Health Information for Travelers to the Democratic Republic of the Congo](#)
- [CDC Ebola Website](#)
- [Travel Health and Medical Evacuation Insurance](#)
- [Register with the U.S. Department of State](#)

## Clinician Information

- [Post-Travel Evaluation to Rule Out Viral Special Pathogen Infection in the \*CDC Yellow Book: Health Information for International Travel\*](#)
- [Clinical Screening and Diagnosis for VHF | Viral Hemorrhagic Fevers \(VHFs\) | CDC](#)
- [Viral Hemorrhagic Fevers \(VHFs\) for Healthcare Providers](#)

## Information for Organizations

- [Recommendations for Organizations Sending U.S.-based Personnel to Areas with VHF Outbreaks](#)



Map of the Democratic Republic of the Congo ([View larger](#))

## What is Bundibugyo virus disease?

[Bundibugyo virus disease \(BVD\)](#) is a rare and deadly illness that has caused outbreaks in several African countries in the past.

BVD disease is spread by contact with the blood or body fluids of a person who is infected with or has died from BVD. It is also spread by contact with contaminated objects (such as clothing, bedding, needles, and medical equipment), or by contact with animals, such as bats and nonhuman primates, that are infected with BVD.

Symptoms include fever, headache, muscle pain, weakness, diarrhea, vomiting, stomach pain, and unexplained bleeding or bruising (a late stage of illness).

There are no vaccines or specific treatments approved to prevent or treat BVD. [Early supportive care improves the chance of survival.](#)

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Content source: [National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\)](#)

[Division of Global Migration Health \(DGMH\)](#)