

HEALTH ADVISORY: EBOLA

Ebola spreads through direct contact with the blood or body fluids (such as spit or pee) of a person who is sick with Ebola symptoms.



You will need to be in contact with a public health worker daily for 21 days:

- by phone,
- during a daily visit, or
- online

to report your temperature and if you have any symptoms.



3 WEEKS						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	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	1	2	3	4

If you get sick, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.



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