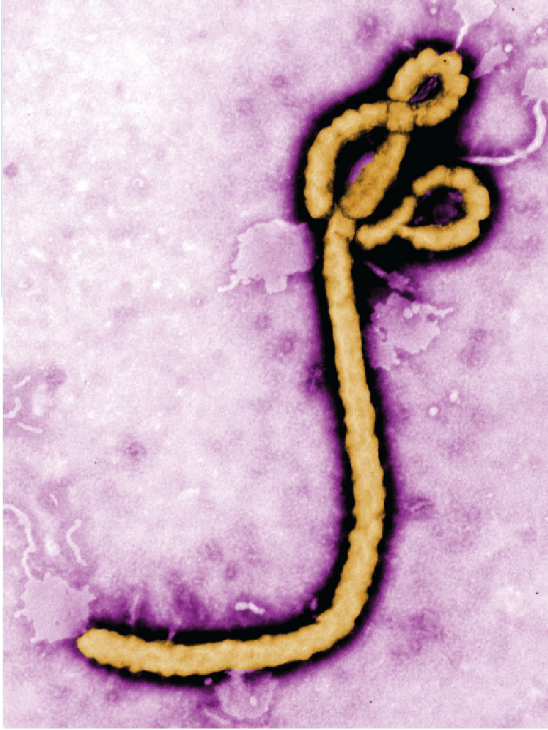


Ebola Information for Volunteers Working with West African Communities in the United States



I volunteer with an organization that serves people from West Africa. I am worried about getting Ebola.

It is normal to feel anxious or worried about coming in contact with people who have recently returned from countries where the Ebola epidemic is ongoing.

The risk of getting Ebola in the United States is very low, even when working with West African communities in the United States.

Two imported cases, including one death, and two locally acquired cases in healthcare workers have been reported in the United States. CDC and partners are taking precautions to prevent the further spread of Ebola within the United States.



West Africans and West African communities in the United States may be facing stigma.

West Africans and West African communities in the United States may face stigma because the current Ebola outbreak is associated with a region of the world.

Stigma involves stereotyping and discriminating against an identifiable group of people, a place, or a nation.

- Stigma can occur when people associate an infectious disease, such as Ebola, with a population, even though not everyone in that population or from that region is specifically at risk for the disease (for example, West Africans living in the United States).
- Communities facing stigma can make fear and anxiety worsen.

Get the Facts on Ebola: www.cdc.gov/ebola

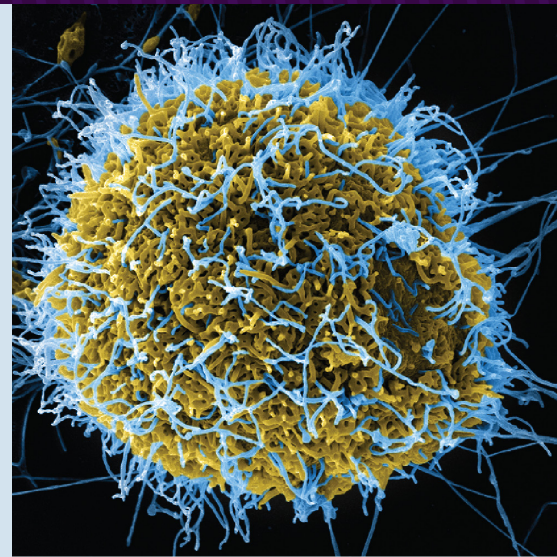
Ebola Facts: What You Need to Know

People of West African descent are not at more risk than other Americans if they have not recently traveled to the region.

- Remember, ethnic or racial backgrounds have nothing to do with getting infected with the Ebola virus.
- Viruses like Ebola can't target a particular population.

A person who does not have Ebola symptoms cannot spread the disease.

Ebola can only be spread by direct contact with blood or body fluids of a person who is sick with Ebola or with objects like needles that have been contaminated with the virus.



People who have recently returned from West Africa and have no symptoms of Ebola do not put others at risk.

- Countries in West Africa are screening at airports to help ensure that people sick with Ebola do not get on planes.
- CDC is implementing enhanced entry screening at five U.S. airports for travelers arriving from Guinea, Liberia, and Sierra Leone.
- CDC recommends that travelers who have been to Guinea, Liberia, or Sierra Leone be actively monitored for symptoms by state or local health departments for 21 days after returning from these countries.
- Additional public health actions may be recommended depending on travelers' possible exposures to Ebola while in one of the three countries.
- Even if travelers were exposed, they cannot spread the disease unless they have symptoms.

You don't need to take any additional special precautions or wear any personal protection while volunteering for West African communities in the United States.

- Follow your normal volunteer procedures.
- If you don't normally wear personal protection equipment (gloves, mask) when volunteering, you don't need to take any special precautions.
- Follow your normal "stay healthy" routine.
 - Wash your hands with soap and water or an alcohol-based hand sanitizer.
 - Do NOT handle items that may have come in contact a person's blood or body fluids.

**Get the Facts
on Ebola:**

www.cdc.gov/ebola

If you come across someone who has just returned from West Africa and is sick, immediately contact your volunteer organization. Urge the person to seek medical care. If there is any chance that someone has been exposed to Ebola and is sick, they should immediately call 9-1-1 and tell the operator about the possible Ebola exposure.