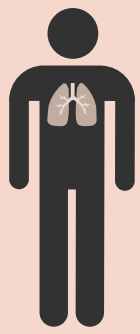
Is it Flu or Ebola?

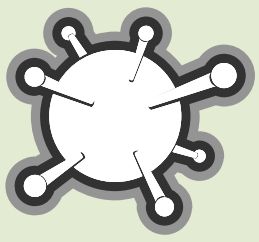
Flu (influenza)



The **flu** is a common contagious respiratory illness caused by flu viruses. The flu is different from a cold.

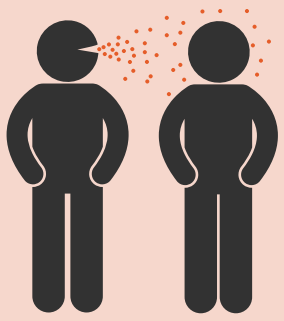
Flu can cause mild to severe illness, and complications can lead to death.

Ebola



Ebola is a rare and deadly disease caused by infection with an Ebola virus. Sporadic outbreaks have occurred in some African countries since 1976.

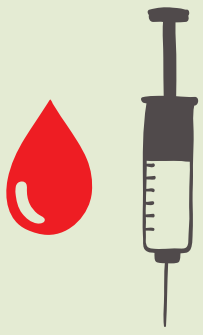
How Flu Germs Are Spread



The flu is spread mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.

People with flu can spread the virus before and during their illness.

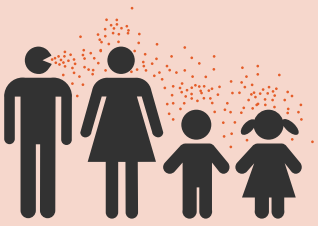
How Ebola Germs are Spread



People get Ebola by direct contact with

- The body fluids of a person who is sick with or has died from Ebola.
- Objects contaminated with body fluids of a person sick with Ebola or who has died of Ebola.
- Infected fruit bats and primates (apes and monkeys)
- And, possibly from contact with semen from a man who has recovered from Ebola (for example, by having oral, vaginal, or anal sex)

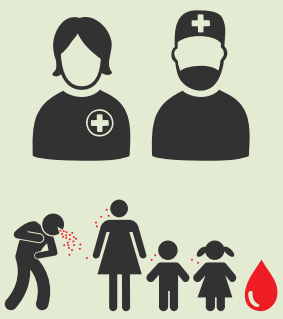
Who Gets The Flu?



Anyone can get the flu.

Some people—like very young children, older adults, and people with some health conditions—are at high risk of serious complications.

Who Gets Ebola?



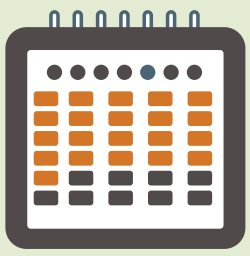
People most at risk of getting Ebola are

- People with a travel history to countries with widespread transmission or exposure to a person with Ebola.
- Healthcare providers taking care of patients with Ebola.
- Friends and family who have had unprotected direct contact with blood or body fluids of a person sick with Ebola.

Signs and Symptoms of Flu

The signs and symptoms of flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.

Signs and Symptoms of Ebola



The signs and symptoms of Ebola can appear 2 to 21 days after exposure. The average time is 8 to 10 days. Symptoms of Ebola develop over several days and become progressively more severe.

- ***People with Ebola cannot spread the virus until symptoms appear.***

- **Fever or feeling feverish**
- **Headache**
- **Muscle or body aches**
- **Feeling very tired (fatigue)**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**

- **Fever**
- **Severe headache**
- **Muscle pain**
- **Feeling very tired (fatigue)**
- **Vomiting and diarrhea develop after 3–6 days**
- **Weakness (can be severe)**
- **Stomach pain**
- **Unexplained bleeding or bruising**

For more information about the flu and Ebola, visit
www.cdc.gov/flu and www.cdc.gov/ebola.

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