What You Need to Know About Ebola

What is Ebola?
Ebola is an infection caused by a virus. The infection can result in internal and external bleeding. The current outbreak has a mortality rate of more than 50 percent.

What part of the world is experiencing the Ebola outbreak?
The current outbreak is occurring in four countries in western Africa: Guinea, Liberia, Sierra Leone and Nigeria. There are no reported cases of Ebola in North Dakota and the risk of introduction of the virus into North Dakota or the United States is considered to be low. However, we are taking additional precautions to prevent the spread of the disease in the event that a case would present itself.

How are people infected?
The disease is primarily spread by direct contact with the body fluids of people ill with Ebola virus disease (EVD). Infected body fluids are introduced through breaks in the skin or through mucous membranes. All body fluids are considered to be potentially infectious. This virus is not spread through air, food or water.

What are the symptoms?
Symptoms can start two to 21 days after infection. Initial symptoms usually are non-specific and can include fever, headache, muscle and joint pain, tiredness, and just not feeling well. Nausea, vomiting and diarrhea are common. Diarrhea is usually severe and watery. Additional symptoms can include stomach pain, unusual bleeding and lack of appetite.

I recently traveled to or I am from one of the affected countries, what should I do?
Notify your student health service of your recent arrival in the United States. They will instruct you to visit the student health center or local public health unit once or twice a day for a fever check through the 21st day after your last exposure or from your departure from an affected country. Once 21 days have passed, you will not develop Ebola.

If you develop a fever (as indicated below) or have ANY other symptoms of illness within the 21 days, seek care immediately. Those students presenting symptoms will be transported to a local hospital by an emergency medical transport service. If symptoms present outside of clinic hours, inform a campus employee via phone (your RA, for example) if possible, dial 911 and make sure to inform them of your travel/possible Ebola exposure.

- **Ear:** 100.4 degrees Fahrenheit or higher
- **Mouth:** 99.5 degrees Fahrenheit or higher
- **Forehead or Armpit:** 99.0 degrees Fahrenheit or higher

If you have any questions regarding whether or not you could be infected, contact your student health service immediately.

If you have family members or friends who traveled from the four affected countries, they can contact the NDDoH at 701-328-1326 to request a fever check.

For more information on the Ebola virus, visit:
- NDUS: [http://www.ndus.edu/students/ebola/](http://www.ndus.edu/students/ebola/)