



## 2014 Ebola Resources

The Centers for Disease Control and Prevention (CDC) know there is concern about an Ebola outbreak in the U.S. The CDC has noted that this is not likely. This is due to the strength of the U.S. healthcare system. There are many resources here that can be used to fight it.

The CDC has provided the information below about Ebola. This can help you learn more about it. It can help you learn how to protect yourself.

**Signs and Symptoms.** Symptoms may appear 2 to 21 days after being exposed to Ebola. The response to the virus varies. It depends on a person's immune system. People who recover from it develop antibodies. These last for at least 10 years. They help the body fight the virus if re-exposed. Learn more about the signs and symptoms:

<http://www.cdc.gov/vhf/ebola/symptoms/index.html>

**How it spreads.** Ebola is spread through direct contact with the blood or body fluids of an infected person. It is not spread through the air. Learn more about how it is spread:

<http://www.cdc.gov/vhf/ebola/transmission/index.html>

**Prevention.** You can protect yourself from viruses like Ebola. One way is by washing your hands often. Or using hand sanitizer. Areas of contact with any virus should be cleaned as well. Learn more about prevention:

<http://www.cdc.gov/vhf/ebola/prevention/index.html>

**Questions and Answers from the CDC.** Some things you hear about Ebola may not be true. This may cause concern. Be sure to get your news from a trusted source. Or from the CDC:

<http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html>

*This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.*

*Source: Centers for Disease Control and Prevention - [www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/united-states-imported-case.html](http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/united-states-imported-case.html)*