

Although **NO** cases of Ebola have been found in San Antonio, the following information states how Methodist Healthcare is prepared to deal with this disease.

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METHODIST HEALTHCARE

"Serving Humanity to Honor God"

www.SAHealth.com

FACTS About Ebola Virus

Prevention and Control

Methodist Healthcare facilities have a robust infection control system and our staff is trained and prepared to take care of patients with a variety of infectious diseases, including Ebola.

Methodist Healthcare is following all federal Centers for Disease Control (CDC) protocols, including isolating the patient and taking proper infection control precautions to avoid exposure and exposing others.

What precautions does the CDC require of Methodist Healthcare?

To protect hospital patients, visitors and staff, Methodist Healthcare is following the following CDC precautions:

- Isolating patients with Ebola or Ebola symptoms from other patients.
- Wearing protective clothing, including masks, gloves, gowns, and eye protection.
- Practicing proper infection control and sterilization measures.
- Notifying health officials if anyone has direct contact with the blood or body fluids, such as but not limited to, feces saliva, urine, vomit, and semen of a person who is sick with Ebola.

What is Ebola Virus Disease?

Ebola, previously known as Ebola hemorrhagic fever, is a rare and deadly disease caused by infection with one of the Ebola virus strains.

How is Ebola transmitted?

Ebola viruses are transmitted through direct contact with blood or body fluids. Ebola is not spread through the air or by water, or in general, food.

What does "direct contact" mean?

Direct contact means that body fluids from an infected person (alive or dead) have touched someone's eyes, nose, mouth, or an open cut, wound, or abrasion.

What are body fluids? Body fluids include saliva, mucus, vomit, feces, sweat, tears, breast milk, urine, and semen.

Can Ebola spread by coughing or sneezing?

Ebola is only transmitted by direct contact with body fluids of a person who has symptoms of Ebola disease. Coughing and sneezing are not common symptoms of Ebola, but if a patient with Ebola coughs or sneezes on someone, and saliva or mucus come into contact with that person's eyes, nose or mouth, these fluids could transmit the disease.

Can Ebola be spread through mosquitoes?

There is no evidence that mosquitoes or other insects can transmit Ebola viruses. Only mammals (for example, humans, bats, monkeys and apes) have shown the ability to spread and become infected with Ebola virus.

How long does Ebola live outside the body?

Ebola is killed with hospital-grade disinfectants (or household bleach). Ebola on dried surfaces such as doorknobs and countertops can survive for several hours; however, virus in body fluids (such as blood) can survive up to several days at room temperature.

Where can I find more information about Ebola?

Visit the Centers for Disease Control and Prevention website: www.cdc.gov/ebola.



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

www.SAHealth.com/Your-Health/Ebola-Resources

FACTS About Ebola Virus

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



WEST AFRICA Ebola Outbreak



1st Ebola outbreak in West Africa

Multiple countries:

- Guinea • Liberia
- Sierra Leone • Mali



Likely host = bats

1 in 2

people who get Ebola in this outbreak have died.

How do you get the Ebola virus?

Direct contact with:

- 1** Body fluids of a person who is sick with or has died from Ebola. (blood, vomit, pee, poop, sweat, semen, spit, other fluids)
- 2** Objects contaminated with the virus (needles, medical equipment)
- 3** Infected animals (by contact with blood or fluids or infected meat)

Early Symptoms:

Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure.

- Fever
- Headache
- Diarrhea
- Vomiting
- Stomach pain
- Unexplained bleeding or bruising
- Muscle pain

When is someone able to spread the disease to others?

Ebola only spreads when people are sick.

A patient must have symptoms to spread the disease to others.



MONTH						
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		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

After 21 days, if an exposed person does not develop symptoms, they will not become sick with Ebola.

You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles
- Touching infected animals, their blood or other body fluids, or their meat.

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