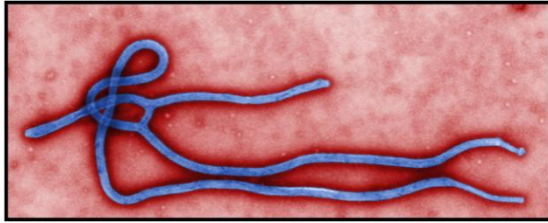




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WHAT IS EBOLA VIRUS?

Ebola is a rare and deadly disease caused by infection with one of the Ebola virus strains. The odds of getting Ebola in the U.S. remain extremely low.

HOW IS IT TRANSMITTED?

Ebola spreads through direct contact with infected person's body fluids, such as:

Blood	Vomit	Saliva
Feces	Urine	Semen

Other ways of transmission include contact with:

- Contaminated objects like needles, syringes, and medical equipments
- Contaminated clothes and bedding
- Infected animals

The virus is NOT transmitted through air, water, or food. The virus can enter the body through broken skin or unprotected mucous membranes, such as the eyes, nose, and mouth.

WHEN IS SOMEONE CONTAGIOUS?

To be contagious, one must have symptoms. People who do not show signs of symptoms are not contagious. In order for the virus to be transmitted, a person must have direct contact with someone who is experiencing symptoms.

RISK FACTORS

- Health care providers who come in close contact with infected patient
- People who come in close contact with infected person or wildlife

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

WARNING SIGNS AND SYMPTOMS

Symptoms may appear at any time during the incubation period, from 2 to 21 days after exposure to the Ebola Virus. Symptoms may include:

Fever	Headache	Joint and muscle aches
Weakness	Stomach pain	Diarrhea
Vomiting	Lack of appetite	Abnormal bleeding

PREVENTIONS AND TREATMENTS

Ways to prevent getting the virus may include:

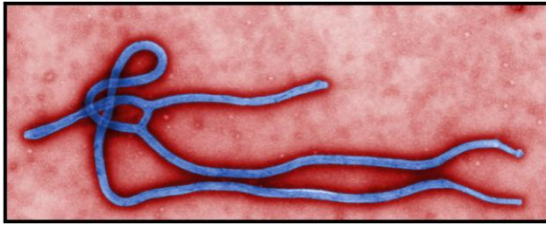
- Practicing careful hygiene such as washing hands with soap and water or use an alcohol-based hand sanitizer
- Do not handle items that may have come in contact with an infected person's blood or body fluids
- Avoid funeral or burial rituals that require handling the body of someone who has died from Ebola

So far, there are no FDA-approved medicines or vaccines for the Ebola Virus. Please consult with your health care provider.

If you have been to West Africa within 21 days or any known Ebola contacts, immediately report suspected cases to San Francisco Department of Public Health- Communicable Disease Control Unit by phone 24/7 at (415) 554-2830 or CDC's Emergency Operations Center at (770) 488-7100. If you suspect you might have the Ebola Virus and want to get more information and triage of symptoms, follow directions from above instead of going to a clinic directly.

Source:

- Centers for Disease Control and Prevention



什麼是伊波拉病毒？

伊波拉是由於感染了其中一種伊波拉病毒所引起的罕見和致命的疾病。在美國感染到伊波拉的機率仍然非常低。

伊波拉是如何傳播的？

伊波拉是通過直接接觸感染者的體液來傳播的，例如：

血液	嘔吐物	唾液
糞便	尿液	精液

其他傳播途徑包括接觸過：

- 被污染的物品，例如針頭、注射器和醫療器材
- 被污染的衣服和寢具
- 被感染的動物

伊波拉病毒不會通過空氣、水或食物傳播。病毒可以通過破損的皮膚或沒有保護的粘膜而進入身體，例如眼睛、鼻子和口。

什麼時候人會傳播伊波拉病毒？

要傳播伊波拉病毒，感染者必須有發病的症狀。如果感染者沒有任何病發的症狀，伊波拉病毒就不會傳播給其他人。只有當人直接接觸已經病發的伊波拉病毒感染者，才會讓病毒傳播。

風險因素：

- 接觸和護理伊波拉病人的醫療人員
- 與伊波拉病人或感染伊波拉病毒的野生動物接觸的人

徵兆和症狀

伊波拉的症狀可以在人接觸到伊波拉病毒後 2 至 21 天的潛伏期內出現。症狀包括：

發燒	頭痛	關節或肌肉痛
虛弱	肚痛	腹瀉
嘔吐	沒有食慾	異常的出血

預防和治療

避免感染到伊波拉病毒的方法包括：

- 注意衛生，例如用皂液和水洗手、或用含酒精的消毒液清潔手
- 不要處理任何可能接觸過伊波拉病人的血液或體液的物品
- 避免參加需要觸摸死者身體（死於伊波拉的人）的葬禮或墓葬習俗

至今為止，美國仍然沒有任何食物及藥物管理局（FDA）認可的藥物或疫苗可以治預防伊波拉。關於伊波拉的預防和治療，請諮詢你的醫生。

如果你在過去二十一天曾經去過西非洲或與任何懷疑感染了伊波拉的病人接觸，請立刻致電通知三藩市公共衛生部傳染病控制中心的 24 小時熱綫（415）554-2830，或美國疾病防治中心的應急中心（770）488-7100。如果你懷疑自己可能患上伊波拉、想諮詢更多關於伊波拉的消息和診斷的症狀，請致電以上的部門和熱綫查詢，請不要直接去任何診所。

資料來源：

- Centers for Disease Control and Prevention

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