



# Tarrant County Public Health

## *Safeguarding Our Schools*



### The Facts About Ebola for Parents

#### **What is Ebola?**

Ebola virus is the cause of a viral hemorrhagic fever disease. Symptoms include: fever, headache, malaise (not feeling well), joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite, and abnormal bleeding. Symptoms appear anywhere from 2 to 21 days after exposure to Ebola virus, though 8 to 10 days is most common. There is no vaccine or specific treatment, although experimental medications are under review.

#### **How is Ebola transmitted?**

Ebola is transmitted through direct contact with the blood or bodily fluids of an infected symptomatic person. It can also be transmitted through exposure to objects (such as needles) that have been contaminated with blood from someone who has Ebola.

#### **Can Ebola be transmitted through the air?**

No. Ebola is not a respiratory disease like the flu, so it is not transmitted through the air.

#### **Can I get Ebola from contaminated food or water?**

No. Ebola is not a food-borne illness. It is not a water-borne illness.

#### **Can I get Ebola from a person who is infected but doesn't have any symptoms?**

No. Individuals who are not symptomatic are not contagious. In order for the virus to be transmitted, an individual would have to have direct contact with an individual who is experiencing symptoms.

#### **What is Tarrant County Public Health (TCPH) doing to safeguard schools?**

TCPH follows CDC recommendations and protocols to prevent against the spread of Ebola. Children and adults who have been in contact with an Ebola patient are monitored for 21 days by the health department. Their health is closely observed for the appearance of Ebola symptoms. If they develop a fever or illness symptoms, they will be isolated and medically evaluated. Persons who remain healthy after 21 days are not at risk for developing Ebola.

#### **What about students coming back from affected countries?**

CDC has well-established protocols to ensure the safe evaluation, return and monitoring of persons back to our community. TCPH monitors daily the return of travelers - including students - who are returning from affected countries. If a person or student who is being monitored develops any early symptoms of Ebola, they are isolated and not allowed to return to school until Ebola is ruled out.

For more information, call 817-321-4700 or visit [www.tarrantcounty.com/Ebola](http://www.tarrantcounty.com/Ebola)

**Tarrant County Public Health**

*A Nationally Accredited Health Department*

