

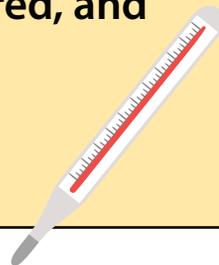
# HEALTH ALERT: EBOLA

## Ebola in Guinea and the Democratic Republic of the Congo

Ebola spreads through direct contact with blood or body fluids (such as saliva, semen, sweat, feces, vomit, and others) of a person who is sick with or has died from Ebola.

3 WEEKS						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

**For the next 21 days, watch for** fever, headaches, body aches, and sore muscles, vomiting, diarrhea, stomach ache, feeling very weak or tired, and unexplained bleeding or bruising.



**Record your temperature and symptoms every morning and night for 21 days.**

DATE Start with Day of Arrival	SYMPTOMS	TEMP°
	MORNING No symptoms	MORNING 98.6°F 37°C
	EVENING	EVENING



**If you get sick, call a doctor and your local health department. Tell them where you traveled.**

**Your local health department may call you after your arrival.**

