



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

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- FOR RELEASE -

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EBOLA: WHAT YOU NEED TO KNOW

The Calhoun County Public Health Department continues to monitor and work with local emergency response agencies including City of Battle Creek, Calhoun County Emergency Management, and other first responders in response to Ebola and Enterovirus D68. As information is received, we will update you. Press releases published will be shared on the Health Department website in our "In the News" section. We will continue to update you and share information as it is received.

Ebola is a communicable disease, such as Tuberculosis, Strep Throat, Whooping Cough, etc. Communicable disease monitoring and investigation, when needed, is standard procedure by local health departments, including the CCPHD. At this time, there are no cases of Ebola in Calhoun County or Michigan. We will notify the public if a communicable disease outbreak, including any case of Ebola, is present in Calhoun County.

EBOLA: The Ebola virus is spread through direct contact with the blood or body fluids (including but not limited to feces, saliva, sweat, urine, vomit, and semen) of a person who is sick with Ebola. The virus in blood and body fluids can enter another person's body through broken skin or unprotected mucous membranes in, for example, the eyes, nose, or mouth.

- The virus also can be spread through contact with objects (like needles and syringes) that have been contaminated with the virus, or with infected animals.

- Ebola is not spread through the air or by water or, in general, by food; however, in Africa, Ebola may be spread as a result of handling bushmeat (wild animals hunted for food) and contact with infected bats.
- There is no evidence that mosquitos or other insects can transmit Ebola virus. Only mammals (for example, humans, bats, monkeys and apes) have shown the ability to become infected with and spread Ebola virus.
- Although Ebola virus has been detected in breast milk, it is not known if the virus can be transmitted from mothers to their infants through breastfeeding. When safe alternatives to breastfeeding and infant care exist, mothers with probable or confirmed Ebola should not have close contact with their infants (including breastfeeding).

Even if not exposed to Ebola, travelers returning from Guinea, Liberia, and Sierra Leone are advised to take the following steps:

- Monitor your health for 21 days.
 - During the time that you are monitoring your health, you can continue your normal activities, including work.
- Seek medical care immediately if you develop fever and additional Ebola symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
 - Call in advance to tell the doctor about recent travel and symptoms before going to the office or emergency room. Advance notice will help the doctor provide care and protect other people who may be in the office.
- If you get symptoms of Ebola, it is important to stay away from other people and to call your doctor right away.
 - Limit your contact with other people when you go to the doctor. Do not travel anywhere else.

The Calhoun County Public Health Department continues to work with local emergency response agencies including City of Battle Creek, Calhoun County Emergency Management, and other first responders in response to Ebola.

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