



GRAYSON COUNTY HEALTH DEPARTMENT

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Public Health Information Bulletin Ebola (Ebola Virus Disease) October 1st, 2014

Ebola, also known as Ebola virus disease, is a rare and deadly disease caused by infection with one of several Ebola virus strains. Ebola viruses are found in several African countries. Ebola was discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo. Since then, outbreaks have appeared sporadically in several African countries.

The Centers for Disease Control and Prevention (CDC) has confirmed, through laboratory tests, the first case of [Ebola](#) to be diagnosed in the United States in a person who had traveled to **Dallas, Texas** from Liberia. The patient did not have symptoms when leaving West Africa, but developed symptoms approximately four days after arriving in the U.S. on Sept. 20. The person fell ill on Sept. 24 and sought medical care at Texas Health Presbyterian Hospital of Dallas on Sept. 26. After developing symptoms consistent with Ebola, he was admitted to hospital on Sept. 28.

The ill person did not exhibit symptoms of Ebola during the flights from West Africa and CDC does not recommend that people on the same commercial airline flights undergo monitoring, as Ebola is contagious only if the person is experiencing active symptoms. The person reported developing symptoms several days after the return flight. Anyone concerned about possible exposure may call [CDC-Info](#) at 800-CDC-INFO for more information.

The 2014 Ebola outbreak is the largest Ebola outbreak in history and the first in West Africa. The current outbreak is affecting individuals in multiple countries in West Africa, including Guinea, Liberia, Nigeria, and Sierra Leone.

Ebola can only be spread to others after symptoms begin. Symptoms can appear from 2 to 21 days after exposure, but the average is 8 to 10 days. Symptoms can include: fever (greater than 38.6°C or 101.5°F), severe headache, muscle pain, diarrhea, weakness, stomach pain, unexplained bleeding or bruising, and vomiting.

For more information on Ebola and the current Ebola Outbreak please visit the following websites:

Centers for Disease Control and Prevention at <http://www.cdc.gov/vhf/ebola/index.html>

World Health Organization at <http://www.who.int/csr/disease/ebola/en/>

Texas Department of State Health Services at <http://www.dshs.state.tx.us/preparedness/ebola-outbreak.aspx>

If you need additional information about Ebola, please contact the Grayson County Health Department at (903) 893-0131 and speak with Josh Stevenson at extension 236 or send an e-mail to stevensonj@co.grayson.tx.us.