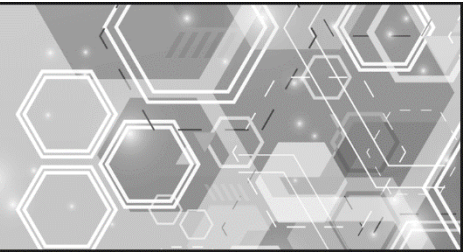




Durham Region Health Department **Facts about...**



Ebola Disease

What is it?

Ebola disease is caused by a group of viruses that can cause serious illness, including death.

How is it spread?

People can get Ebola disease through contact with the body fluids of an infected, sick or dead person (such as blood, urine, feces, vomit, saliva, sweat, semen, breast milk). A person is only contagious once they begin showing symptoms of the disease. Ebola disease does not spread through the air.

What do I look for?

Someone with Ebola disease may get sick 2 to 21 days after contact with the virus. Symptoms of Ebola disease can include fever, chills, headache, sore throat, feeling tired, joint pain, muscle pain and weakness, and may be followed by nausea, vomiting and diarrhea, rash, and severe internal bleeding.

How is it treated?

Treatment is supportive and may include fluids by mouth or into their veins, managing any symptoms, and treatment for other infections if they occur.

How can I protect myself?

There are things you can do to reduce your risk if you travel to a region with Ebola disease.

- Avoid contact with other people's body fluids (including blood, urine, feces, saliva, sweat, vomit, breast milk, amniotic fluid, semen, and vaginal fluid from people who are sick)
- Avoid contact with anything that may have come in contact with infected body fluids, such as toilets, linens, clothing, surfaces, toiletries.

More information can be obtained from

Health Canada - [Ebola disease: Prevention and risks](#)
Public Health Ontario - [Viral Hemorrhagic Fevers](#)

June 3, 2026

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

