

Ebola Disease

Information for contacts

This fact sheet is for people who have been in contact with an animal or person infected with the virus that causes Ebola disease. The fact sheet on [Ebola disease](#) should be read first.

What is the risk?

The risk of becoming unwell with Ebola disease is very low, unless you have had direct physical contact with the body fluids (such as blood, vomit, semen) of an infected person or animal.

Public health unit staff will talk to you about your contact with Ebola disease and explain how to monitor your health and prevent the spread of the virus.

What should I do to monitor my health and for how long?

You will need to monitor yourself (or any family or household members you care for) for 21 days after your (or their) exposure to Ebola disease.

Watch for symptoms of Ebola disease which may include:

- fever
- headache
- muscle aches and weakness
- sore throat
- feeling more tired than usual
- nausea, vomiting, diarrhea or stomach pain
- rash
- confusion
- bruising or bleeding (from the nose, gums, eyes, or other parts of the body, or blood in vomit and stools/bowel motions).

Your local public health unit staff may call you regularly to check how you are feeling. You will also be asked to:

- take your body temperature with a thermometer two times a day and keep a record.
- contact the public health unit before any travel.
- follow any extra instructions from public health staff, including activities you may need to avoid during the monitoring period.

What should I do if I become unwell?

Symptoms of Ebola disease can appear 2 to 21 days after contact with the virus. The virus can only spread to others once symptoms start.

If you start to feel unwell,

1. Stay home and keep away from other people
2. Call your local public health unit using the number given to you.
3. If you are experiencing an emergency, call 000 immediately, and tell the operator:
 - you have been in contact with someone with Ebola disease and
 - your symptoms.

How is Ebola disease diagnosed?

A blood test can diagnose Ebola disease. Testing is only needed if a person develops symptoms after contact with a person or animal that is infected with Ebola disease, or when a specialist doctor has requested it.

How do you treat Ebola disease?

There is no specific cure for Ebola disease, but early medical care can save lives.

It is important that you monitor your health closely and get healthcare advice urgently if you begin to feel unwell.

Who can I contact for mental health support?

Being exposed to Ebola disease can be very stressful for you and your family.

If you feel worried or upset, you may wish to contact your:

- GP
- counsellor or support worker
- local public health unit staff.

The following services may be able to help you with general mental health support:

- Lifeline 13 11 14
- Beyond Blue 1300 2254 636
- QLD Mental Health Access Line 1300 642 255
- 13YARN 13 92 76
- 13 HEALTH 13 43 25 84.