

DC 37 Alert: **EBOLA**



What is Ebola?

Ebola Virus Disease (EVD) is a severe and often fatal disease in humans. The disease is caused by infection with an Ebola virus. The current outbreak of Ebola is located in West Africa, specifically Guinea, Liberia and Sierra Leone. Ebola cases found outside of West Africa are the result of direct contact with people that were originally infected within West Africa.

How do workers become infected with the Ebola Virus?

Mucous Membranes

- Lips
- Nostrils
- Mouth
- Eyes
- Genitals

Ebola spreads through human-to-human transmission. Human-to-human transmission occurs when there is direct contact. **Direct contact** happens when mucous membranes or broken skin come in contact with the blood, secretions, or other bodily fluids of either a person sick with EVD or a person who has died of EVD.

The Ebola Virus can also be transmitted to humans through **indirect contact**. Indirect contact occurs when broken skin or mucous membranes comes in contact with materials, utensils or surfaces contaminated with blood, secretions or other bodily fluids from sick people and/or bodies.

Materials, Utensils and Surfaces That Can Be Contaminated:

Used Gloves
Masks

Goggles
Bed Linens
Used needles

Medical Instruments
Solid Surfaces

What are the symptoms of Ebola?

People who have become infected can begin to show symptoms 2 days after infection OR up to 21 days after infection.

Quick facts



You can only get Ebola from touching bodily fluids of a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles.

Source: U.S. Centers for Disease Control

Individuals are contagious once they show symptoms.

Preliminary Symptoms at Onset (2-21 days)

- Fever
- Fatigue
- Muscle Pain
- Headaches
- Sore Throat

Symptoms change as the illness progresses

Disease Symptoms

- Nausea
- Vomiting
- Diarrhea
- Impaired Organ Function
- Hemorrhaging (*Bleeding or Bruising*)

How Can You Protect Against Infection in the Workplace?

Practice Careful Hygiene

Keeping hands clean is one of the best ways to prevent the spread of infection and illness. If soap and water is not available, use an alcohol hand sanitizer with at least 60% alcohol. In general, avoid touching your mouth, eyes, and nose with unwashed or gloved hands.

Understand Your Employer's Procedures and Protocols

Be aware of your level of risk in terms of exposure and what your employer has done to keep you safe.

Attend all trainings, simulations and demonstrations provided to you to protect yourself against infection.

Know who to contact if you have any questions regarding the procedures and protocols that are in place to keep you safe.

Use Personal Protective Equipment (PPE)

Your employer is responsible for providing employees, at all levels, with PPE that is appropriate for their daily tasks. Employers must also provide employees with specific training sessions that explain to each employee how to don (put on) and doff (take off) their PPE appropriately to prevent contamination. Attend these trainings and practice.

If you have concerns or questions, please contact your union representative.
For general information, please call the **DC 37 Safety and Health Department** @ 212-815-1685.