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Katie McKee
Maria Hernandez

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Ebola Hemorrhagic Fever (Ebolavirus)

by: Katie McKee and Maria Hernandez

**Importance:** Without treatment, the Ebola Virus (also known as hemorrhagic fever) has up to a 90% fatality rate. Understanding this disease could help save a person’s life, especially if that person has recently traveled to Africa.

**History:** Ebola was first noticed in 1976, in two epidemics in Zaire, near the Ebola river. There were 431 deaths and 597 cases (CNN, 2015). Several other outbreaks have been recorded in countries such as Uganda, Democratic Republic of Congo, Republic of Congo, Sudan, and Gabon. The most recent outbreak in West Africa in 2014 is the largest outbreak of Ebola to be recorded, with an estimated 4,493 deaths and over 8,000 cases (CDC, 2015).

**Transmission:** Ebola can be transmitted from animal to animal, animal to human, and human to human. Animals such as bats, chimpanzees, birds, rodents, dogs, and pigs can contract Ebola (Discovery News, 2014). Ebola has spread to several countries through health workers and air travel. Although it is not highly contagious, Ebola is mostly transmitted to the skin by infected bodily fluids, such as blood, feces, vomit, and in severe stages of illness, saliva. It can also be transmitted through contact with contaminated surfaces (CDC, 2015).

**Symptoms:** Symptoms of Ebola appear anywhere from 2 to 21 days of being infected. The first symptoms are headache, fever, fatigue or weakness, and muscle pain. Next is sudden high fever, skin rashes, and vomiting blood. The next stage is characterized by bruising, organ damage, and external bleeding from the nose, eyes, mouth, and anus. The final stage is loss of consciousness, seizures, massive internal bleeding, and death (CDC, 2015).

**Treatment:** There are no FDA-approved vaccines or medicines for the treatment of Ebola.

However, supportive care can increase survival if the symptoms are treated early. Supportive care is providing intravenous (IV) fluids to balance electrolytes or salts, treating other infections that occur, maintaining oxygen and blood pressure status, and blood transfusions (CDC, 2015).

There are vaccines and treatments under development, but they have not been tested fully yet.

**Prevention:** Because there are no medications or vaccinations for Ebola, prevention is crucial. Practicing careful hygiene, washing hands, avoiding items or people that have come in contact with Ebola, avoiding contact with bats and non-human primates, and avoiding places where Ebola is being treated will help people prevent getting infected (CDC, 2015).

**Life after Ebola:** People who survive and recover from Ebola have antibodies in their blood that last around 10 years or more. It is unknown if people are immune for life, and they might be able to get infected by a different species of Ebola. A person who recovers may have long-term complications, such as joint and vision problems.

References available upon request.