

Ebola has been in the news frequently after a prolonged outbreak in Africa. The [World Health Organization](#) has declared a Public Health Emergency of International Concern, which includes recommendations of airport screenings, travel recommendations and international support to limit the spread of the disease. For more information about Ebola, please visit the [Centers for Disease Control and Prevention Ebola homepage](#).

Ebola is characterized by fever, weakness, diarrhea, vomiting, stomach pain and lack of appetite. Ebola is thought to be spread only through direct contact with bodily fluids (saliva, blood, sweat and semen). The virus is easily destroyed by standard disinfectant cleaners, and the incubation time is up to 21 days, but most people begin to show symptoms in eight to 10 days. Asymptomatic people cannot pass on the disease to others, and there is no testing that needs to be conducted for asymptomatic travelers.

In the rare likelihood that someone from a high-risk area or a person who has been in direct contact with a sick person from a high-risk area begins to show symptoms, they should report to [Health Services](#) or to a local medical clinic.

More about [Bethel Health Services](#) and [urgent care information](#).