The spread of Ebola virus disease (EVD) can be prevented. EVD is spread only through direct contact with body fluids of a person experiencing EVD symptoms, who has recovered from EVD (sexual transmission), or who has died. People can also get infected by handling or consuming infected animals.

Transmission can occur:

- via unprotected contact with the blood, body fluids or tissues of a symptomatic person infected with EVD;
- via unprotected contact with the body of a person who has died from the disease, including handling a body for burial;
- via unprotected sexual contact with a person who is recovering from EVD (up to 12 months following infection);
- via unprotected contact with soiled surfaces, materials (such as bedding) or medical equipment (such as needles) contaminated with the Ebola virus;
- via close contact (including the consumption) of infected animals (alive or dead) or their body fluids; or
- in health-care settings, if staff who are caring for a person infected with the virus do not use appropriate infection prevention and control measures.

Transmission is not known to occur through:

- contact with infected individuals before they develop symptoms;
- casual contact, such as sharing a seat on public transportation or sitting in the same waiting room; or
- the air.
Symptoms can begin **2 to 21 days after exposure**, typically with the sudden onset of a fever followed by other symptoms.

**WHAT ARE THE SYMPTOMS OF EVD?**

- **Fever**
- **Headache**
- **Red or irritated eyes**
- **Sore throat**
- **Tiredness**
- **Rash**
- **Muscle pain and weakness**
- **Bleeding**
- **Diarrhea**
- **Nausea and vomiting**

**WHAT SHOULD YOU DO IF YOU BECOME ILL WHILE ABROAD?**

Before visiting a doctor or a hospital, immediately call the in-country public health authority if you have, or if anyone in your household has, any of the symptoms listed above and has travelled in an EVD-affected area in the last 21 days. If you do not have symptoms, but believe you may have been exposed to a source of the Ebola virus, call the in-country health authority so your risk can be assessed promptly. Monitor your health as directed and do not travel.

**RETURNING TRAVELLERS**

When returning to Canada, monitor your health for 21 days.

If you develop symptoms of the disease en route to, or on arrival in Canada, you must inform a flight attendant (while in flight) or a Canada Border Services officer on arrival. They will ensure you are medically assessed. **If you develop symptoms once at home, call your local public health authority immediately:**

- Describe your symptom(s).
- Tell them where you have been travelling or living.
- Tell them about any possible exposure you may have had to the virus.

When you call, they will provide you with instructions, including appropriate arrangements for a medical assessment.

For more information, go to Ebola virus disease pages on the Canada.ca website.