

# Concerned About Ebola?

Learn the facts, find resources and understand our organization's response

As your trusted partner in health, we are committed to keeping you educated about health concerns in your community and beyond. While the CDC emphasizes that the Ebola virus currently presents an extremely low risk in the United States, we recognize the concern and anxiety that can result from situations such as these. The following information will help you learn more and understand how EvergreenHealth is ready to respond

## EBOLA IS NOT...

- **Ebola is NOT** spread through the air or by water or food
- **Ebola is NOT** breathed in like a flu virus
- **Ebola is NOT** contagious until symptoms appear
- **Ebola is NOT** currently a significant threat in the US

## EBOLA IS...

- A viral disease almost always spread through direct contact with the blood, body fluids or excretions of a person sick with Ebola; or objects such as needles contaminated with their infected body fluids.
- An extremely low risk currently for people living in the United States, especially with no exposure to the bodily fluids of a person with active symptoms of Ebola.
- Best prevented by good hand hygiene and avoidance of direct contact with the bodily fluids of those known to be infected.



**Facts about Ebola in the U.S.**

You can't get Ebola through air

You can't get Ebola through water

You can't get Ebola through food

You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.

**Ebola poses no significant risk to the United States.**

 CDC  
Centers for Disease Control and Prevention

Find out more at [www.cdc.gov](http://www.cdc.gov).

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## HOW WE KEEP YOU SAFE

Much of what we do every day at EvergreenHealth also applies to patients infected with Ebola virus. Our day-to-day practices are designed to minimize the spread of infection and create an environment of absolute safety. Some of the measures we already have in place or implement in circumstances such as these include:

- **Asking every patient about travel history and symptoms**, or exposure to those who have traveled, in order to implement immediate action if an infected person sought treatment at EvergreenHealth.
- **Immediate placement of suspected patients in “negative flow” rooms** (special rooms designated for infectious disease) and immediate care precautions put in place.
- **Ongoing education for employees and the public** about the virus, with a focus on hand hygiene, risk factors and how the virus is transmitted.
- **Reinforcing with employees and patients** our already standard practices around hand hygiene, cleaning, personal protective gear (gowns, gloves, masks, etc.) and disposal of these items.

## WHAT YOU CAN DO

- **Proper hand washing** is the most effective way to prevent the spread of infections.
- **If you are a patient**, don't be afraid to remind friends, family and health care providers to wash their hands before getting close to you.
- **If you are a visitor**, wash your hands frequently during your visit and as you travel throughout our facilities and remind our staff to wash hands if needed.
- **Practice good respiratory etiquette** by covering coughs and sneezes with your sleeve or tissue instead of your hands.\*
- **Take advantage of the infection prevention stations** around our facility, which offer complimentary hand sanitizer, masks and tissues.\*
- **Stay up to date on your vaccines\*\***, such as influenza, and take good care of yourself to promote overall wellness – which helps your body fight and fend off infection.

Thank you for trusting us with your care and safety.

\*Good general respiratory hygiene is always recommended to reduce your risk of illness.

\*\*There is not currently a vaccine to prevent Ebola, but staying healthy overall minimizes your risk of other infections

 **EvergreenHealth**

Find out more at [www.cdc.gov](http://www.cdc.gov).