A Message from the Executive Director,

We are committed to providing a safe environment for our students, faculty, staff and visitors. Reducing risk and being proactive are the first steps to being and staying healthy! In light of the growing concerns about the Ebola virus and the approaching flu season, Student Health and Counseling Services would like to communicate some pertinent information with our campus community. For additional information please contact:

Dr. Rosemary Jackson
Medical Director,
Student Health and Counseling Services at 919.530.6317, email rjacks37@nccu.edu or visit the Center for Disease Control (CDC) website.

Ebola Virus

What is Ebola?

Ebola virus is the cause of a viral hemorrhagic fever. It is a rare and deadly disease.

Symptoms of Ebola include:

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.

How is Ebola transmitted?

When an infection does occur in humans, the virus can be spread in several ways to others. Ebola is spread through direct contact (through broken skin or mucous membranes in, for example, the eyes, nose, or mouth) with blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with Ebola.

Objects (like needles and syringes) that have been contaminated with the virus.

Infected fruit bats or primates (apes and monkeys).

Traveling

The Center for Disease Control (CDC) has issued a LEVEL 3 warning and urges all US residents to avoid nonessential travel to Liberia, Guinea, and Sierra Leone because of unprecedented outbreaks of Ebola in those countries.

Prevention

Practice careful hygiene. For example, wash your hands with soap and water or an alcohol-based hand sanitizer and avoid contact with blood and body fluids.

Do not handle items that may have come in contact with an infected person’s blood or body fluids.
Facts about the Ebola Virus

Can Ebola be transmitted through the air?

No. Ebola is not a respiratory disease like the flu, so it is not transmitted through the air.

Can I get Ebola from contaminated food or water?

No. Ebola is not a food-borne illness. It is not a water-borne illness.

Can I get Ebola from a person who is infected but doesn’t have any symptoms?

No. Individuals who are not symptomatic are not contagious. In order for the virus to be transmitted, an individual would have to have direct contact with an individual who is experiencing symptoms.

Influenza (Flu) vs. The common cold

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Signs and symptoms of flu:

- People who have the flu often feel some or all of these signs and symptoms:
  - Fever* or feeling feverish/chills
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headaches
  - Fatigue (very tired)

*It’s important to note that not everyone with flu will have a fever.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Washing and/or disinfecting your hands and work areas are still your best defense when combating any of the above mentioned diseases. Yes, it does in fact seem simple however, it is very effective. Also when sneezing and coughing, DO NOT use your hands, turn away and use the fold of your elbow! Keep your hands germ free!