



Ebola is spreading in certain countries in Africa

Ebola hemorrhagic fever (Ebola) is an infectious disease caused by the Ebola virus. It is known to be transmitted via contact with bodily fluids from infected patients. Airborne infection, virus spreading via the air, does not occur. However, the virus is highly infectious, and once infected, the mortality rate is very high. Therefore, the number of deaths is still increasing.

Features of Ebola hemorrhagic fever

Incubation period	2–21 days (average 7–10 days)
Symptoms	After the incubation period, symptoms begin with a sudden onset of fever, headache, fatigue, muscle pain, and sore throat. These symptoms are followed by vomiting, diarrhea, and chest pain. Bleeding (vomiting blood or blood in stools) occurs in 70% of patients.
Treatment	Currently, no preventative vaccines against Ebola are available. Treatment centers on managing the patient's symptoms.
Infection route	Infection occurs when bodily fluids (blood, secretions, vomit, stools) from symptomatic patients infected with the Ebola virus, or contaminated objects, are touched without protection, and the virus enters through broken skin, such as wounds, or mucous membranes (e.g. mouth, nose, eyes). Airborne transmission does not occur, and therefore infection can be prevented by adequate protection.

※Ebola differs from diseases such as influenza, where transmission can occur from person-to-person via airborne droplets from coughs and sneezes. Ebola is believed that patients in the incubation period are not infectious. It is important to understand correctly the routes of infection of the Ebola virus, and to ensure the appropriate measures are in place.

<Reference websites>

- National Institute of Infectious Diseases, Infectious Disease Surveillance Center (<http://www.nih.go.jp/niid/ja/from-idsc.html>)
- National Center for Global Health and Medicine (<http://www.ncgm.go.jp/>)

※ Currently Ebola is epidemic in West Africa. However, it is very unlikely that a major epidemic will occur in developed countries with well-established health care systems, such as Japan. Please refrain from unnecessarily causing panic.

※ In the current era of globalization, infectious agents from other countries may enter Japan via airplanes. The spread of infection in countries around the world has been reported. Please keep up-to-date by regularly checking the news.



If you have fever up after international travel, visit appropriate medical institute as soon as possible and tell the physician that you have come back from abroad.

