

## 1. What is Ebola?

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Ebola is a serious illness caused by a virus. These viruses are most commonly found in parts of Africa. There are several types of Ebola viruses that can make people sick.

Ebola was first identified in 1976 and has caused outbreaks in different countries since then.

## 2. What is the risk of Ebola in the United States?

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The risk of Ebola in the United States is very low. Most people are not at risk unless they:

- Travel to areas with an outbreak
- Have close contact with someone who is sick with Ebola

People at highest risk include healthcare personnel and caregivers who are exposed without proper protection.

## 3. Where is the current outbreak happening?

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The current 2026 outbreak is in the northeastern part of Democratic Republic of the Congo (DRC), with a small number of related cases reported in neighboring Uganda.

## 4. What do we know about this outbreak?

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This outbreak is caused by a specific type of Ebola virus called the Bundibugyo virus.

This type has been linked to lower death rates than some other Ebola viruses, but it can still cause severe illness. About 30-50% of people infected with the Bundibugyo virus will die.

## 5. How serious is Ebola?

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Ebola is a serious disease and can be life-threatening. How severe it is depends on the type of virus and how quickly someone receives medical care.

## 6. What are the symptoms of Ebola?

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Symptoms usually start 2 to 21 days after exposure. Early symptoms may include:

- Fever
- Body aches
- Fatigue

As the illness worsens, symptoms may include:

- Vomiting or diarrhea
- Stomach pain
- Bleeding or bruising

## 7. Can Ebola be prevented?

Yes. The risk is low for most people, but prevention is important, especially in outbreak areas.

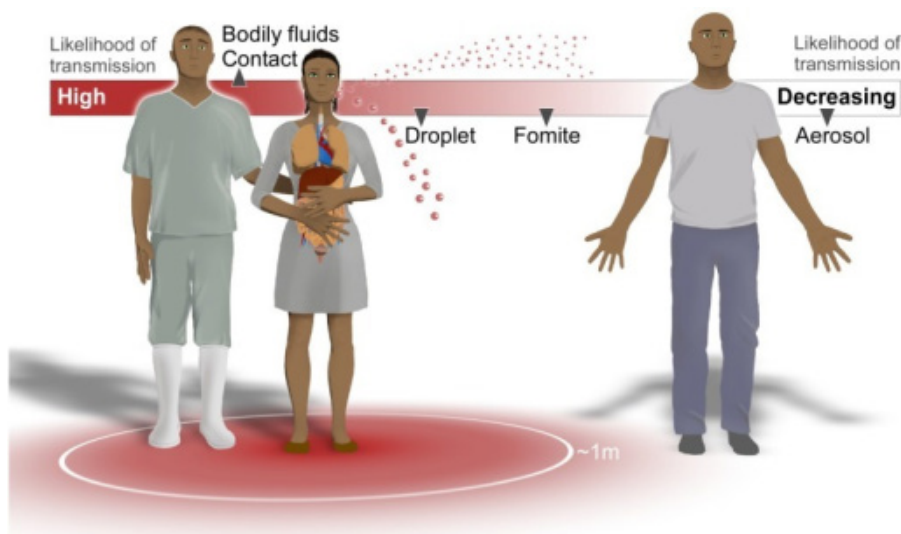
You can reduce your risk of being infected with Ebola by:

- Avoiding contact with blood or body fluids from sick people or animals
- Avoiding contact with objects that may be contaminated
- Using protective equipment if caring for someone who is sick

There is a vaccine for one type of Ebola, but it's not effective for the spring 2026 outbreak caused by Bundibugyo virus.

## 8. Can Ebola spread from person to person?

Yes, but only through direct contact with the body fluids of someone who is sick or has died from Ebola. Ebola does not spread through the air.



Source: Adapted from Viruses. 2015; PubMed Central PMCID: [PMC4353901](https://pubmed.ncbi.nlm.nih.gov/PMC4353901/).

## 9. Is there a treatment for Ebola?

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There are treatments that can help people recover, especially when started early.

Care may include:

- Fluids to prevent dehydration
- Supportive medical care
- Treatments that target the virus

Early care improves survival.

## 10. How can I protect myself?

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The CDC is currently advising travelers to reconsider nonessential travel to the DRC (Level 3 Travel Health Notice). If travel is essential, you can reduce your risk by:

- Avoiding contact with blood or body fluids of people who are sick
- Not touching the body of someone who died from Ebola
- Washing your hands often
- Following public health guidance when traveling