

Have **YOU** travelled from Africa recently?



There are EBOLA outbreaks in the African countries of: Sierra Leone, Guinea, Liberia, Nigeria (Lagos) and the Democratic Republic of Congo.

The risk of **EBOLA in Canada** is **VERY LOW**



You cannot get EBOLA from the AIR

You can only get EBOLA if you have touched

BODY FLUIDS of someone who is sick with or has died from Ebola

an **OBJECT** that has been **CONTAMINATED** with Ebola

INFECTED ANIMALS



What to do if you feel sick

If you feel sick and were in Africa in the last **21** days, **call a healthcare provider** as soon as possible.



Tell them:

- ✓ Your symptoms
- ✓ Which countries you visited or travelled from, and
- ✓ Whether you have been to a medical facility or received medical care while abroad.

For more information: www.publichealth.gc.ca



Public Health
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