

# 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**

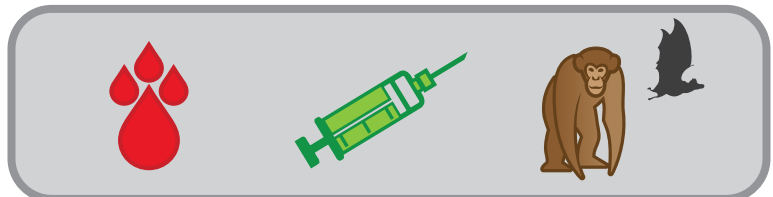


## You can only get **EBOLA** if you have touched

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

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

**INFECTED ANIMALS**



You cannot get **EBOLA** from the **AIR**

## What to do if you feel sick

If you feel sick and were in Africa in the last **21** days, call Healthline 1-888-709-2929 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](http://www.publichealth.gc.ca)



Public Health  
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