Is it Flu or Ebola?

**Flu (influenza)**

- The flu is a common contagious respiratory illness caused by flu viruses. The flu is different from a cold.
- Flu can cause mild to severe illness, and complications can lead to death.

**How Flu Germs Are Spread**

- The flu is spread mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.
- People with flu can spread the virus before, during, and after they are sick.

**Who Gets The Flu?**

- Anyone can get the flu.
- Some people—like very young children, older adults, and people with some health conditions—are at high risk of serious complications.

**Signs and Symptoms of Flu**

- The signs and symptoms of flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.
- **Fever**
- **Headache**
- **Muscle or body aches**
- **Feeling very tired (fatigue)**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**

**Ebola**

- Ebola is a rare and deadly disease caused by infection with an Ebola virus.

**How Ebola Germs are Spread**

- Ebola can only be spread by direct contact with blood or body fluids from:
  - A person who is sick or who has died of Ebola.
  - Objects like needles that have been in contact with the blood or body fluids of a person sick with Ebola.
- Ebola cannot spread in the air or by water or food.

**Who Gets Ebola?**

- People most at risk of getting Ebola are:
  - Healthcare providers taking care of Ebola patients.
  - Friends and family who have had unprotected direct contact with blood or body fluids of a person sick with Ebola.

**Signs and Symptoms of Ebola**

- The signs and symptoms of Ebola can appear 2 to 21 days after exposure. The average time is 8 to 10 days. Symptoms of Ebola develop over several days and become progressively more severe.
- **Fever**
- **Severe headache**
- **Muscle pain**
- **Feeling very tired (fatigue)**
- **Vomiting and diarrhea develop after 3–6 days**
- **Weakness (can be severe)**
- **Stomach pain**
- **Unexplained bleeding or bruising**

For more information about the flu and Ebola, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) and [www.cdc.gov/ebola](http://www.cdc.gov/ebola).