### 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.

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

#### 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.

#### 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 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.

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

#### 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).