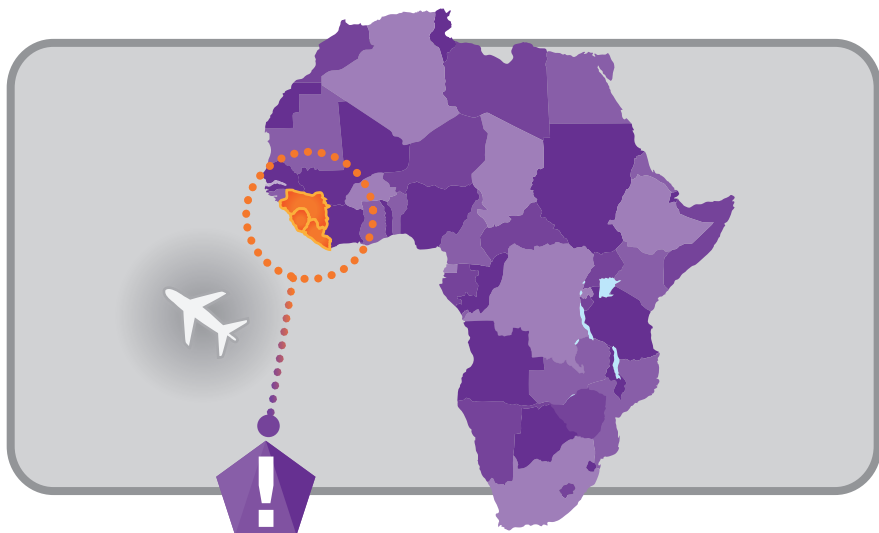


# Have **YOU** travelled from Africa recently?



**There are EBOLA outbreaks**  
in the African countries of:  
Sierra Leone, Guinea and Liberia.

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



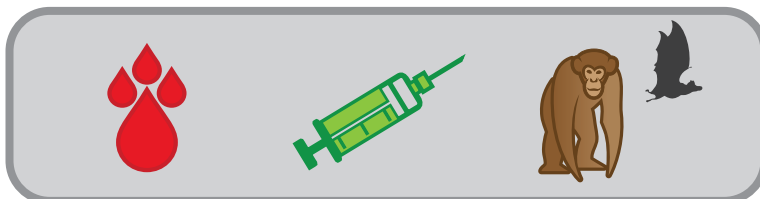
You cannot get EBOLA  
from the **AIR**

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

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

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

**INFECTED ANIMALS**



## 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  
Agency of Canada

Agence de la santé  
publique du Canada

Newfoundland  
Labrador