



Returning from West Africa? Information about **Ebola**



There is a large Ebola outbreak going on at present in West Africa

- the risk of Ebola is low for most travellers
- however, malaria is a much more common infection in West Africa and can have similar early symptoms. It is treatable if diagnosed quickly, so contact NHS 111 for advice if you feel unwell
- if you are staying in the UK and develop symptoms such as:
 - fever (37.5°C or higher)
 - headache
 - body aches
 - diarrhoea
 - vomiting

within 21 days of returning from Sierra Leone, Guinea or Liberia, you should contact NHS 111 and tell them where you have travelled.

If you are in transit to Scotland, Wales or Northern Ireland, and develop these symptoms after arrival, you should contact the relevant number and tell them where you have travelled:

- Scotland: NHS 24 (dial: 111)
- Wales: NHS Direct Wales (dial: 0845 46 47)
- Northern Ireland: contact your GP or local emergency department

If you are in transit to another country and develop these symptoms after you have left the UK, you should seek immediate medical attention there.