

**INFORMATION DIRECTED TO A PERSON
UNDERTAKING INTERNATIONAL TRAVEL FROM:
Guinea, Liberia, Sierra Leone, Democratic
Republic of the Congo**

(Information about countries where the outbreak of Ebola virus disease is actually occurring is provided at the website www.gis.gov.pl)

Since February 2014 cases of Ebola virus disease have been reported in Guinea, Liberia, Sierra Leone and Democratic Republic of the Congo.

The onset of symptoms is sudden and characterized by flu-like symptoms.

If:

1. Someone observes symptoms such as:

Fever above 38.5°C, muscle pain, weakness, headache and sore throat, rash, vomiting, diarrhea or bleeding during three weeks since returning from a trip

OR

2. Someone has been in contact during his/her stay in Guinea, Liberia, Sierra Leone and Democratic Republic of the Congo:

- with a person known to have Ebola or who have died from Ebola

OR

- with infected high-risk animals (dead or alive)

He/she should stay at home, immediately contact 999 or 112 phone number, inform about the history of travel and follow the instruction received.