



Ebola Disease (Bundibugyo Virus)

Ebola disease is a serious illness caused by a virus. ([CDC](#)) The current outbreak of concern is caused by the Bundibugyo virus, a type of Ebola virus. Ebola is rare in United States, and the risk to the public in Massachusetts as of June 2026 remains very low. **Over the recent weeks, a similar disease, Marburg virus, has developed in Uganda.** While this bulletin was developed to discuss Ebola, it is helpful to keep in mind that Ebola and Marburg are similar diseases, in terms of spread and symptoms. As the concern related to Marburg is evolving, more information will be provided regarding this illness.

How Does Ebola Spread?

Ebola spreads through **direct contact with the body fluids** of a person who is sick with Ebola or who has died from Ebola.

Body fluids include:

- Blood
- Vomit
- Diarrhea
- Urine
- Saliva
- Sweat
- Other body fluids of a symptomatic infected person

Ebola does **not** spread through the air. You cannot get Ebola by walking past someone, sitting in the same room, or having casual contact with someone who is not sick. ([CDC](#))

Important facts

- There are currently no confirmed Ebola cases in the United State related to the current Bundibugyo outbreak.
- The risk to people in Massachusetts remains low.
- There is no approved vaccine specifically for Bundibugyo virus disease.
- Early medical care and supportive treatment may improve the outcome.

Countries currently included [CDC](#) monitoring guidance:

- Democratic Republic of the Congo
- Uganda
- South Sudan

If you were in the affected countries within the last 21 days:

- Monitor your health for 21 days.
- Take your temperature daily.
- Watch for:
 - Fever
 - Headache
 - Muscle aches
 - Weakness
 - Vomiting
 - Diarrhea
 - Unexplained bleeding or bruising
- Contact a health care provider immediately if symptoms develop. ([CDC](#))
- Tell your healthcare providers about your travel.

Understanding Ebola Risk Levels

Low Risk:

The person was in an affected country but not in a risk area or was in a risk area but had no possible exposure.

Moderate-to-High Risk:

The person:

- Was in a risk area and had possible exposure (such as contact with bats or animals, caring for a sick person, visiting a healthcare setting, or attending a burial).
- Had direct contact with the body, blood, or fluids of a suspected or confirmed Ebola case without proper protective equipment (PPE).
- Provided care to a suspected or confirmed case without PPE or had a break in safety procedures.
- Lived with a suspected or confirmed case while that person was sick.

Reporting

Any suspected case or possible exposure during an outbreak must be reported right away to the local Board of Health and DPH.

Suspected Case

A person with a fever (100.4°F / 38°C or higher) and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding and a known risk factor.

Management of Contacts

- Isolate the person right away.
- Contact the person's health care provider

Anyone exposed to the virus should be monitored for 21 days with guidance from local public health and DPH.

Remember

- Wash your hands often
- Avoid contact with blood and body fluids
- Report symptoms right away
- The risk to public in Massachusetts remains LOW
- Early medical care improves outcomes

For additional information please visit:

- [CDC Ebola Frequently Asked Questions](#)
- [CDC How Ebola Disease Spreads](#)
- [CDC Information for Travelers Returning from Ebola-Affected Areas](#)
- [CDC Interim Guidance for Public Health Assessment and Management of Travelers from Countries Affected by the 2016 Ebola Outbreak](#)

Information on this Flyer is Based on Guidance from the Massachusetts Department of Public Health and the U.S. Centers for Disease Control and Prevention.