
ENGLISH VERSION

Ebola disease 2026

Information for travelers arriving from
Democratic Republic of the Congo or Uganda

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What is Ebola?

- Ebola is a rare but serious disease
- The current Ebola outbreak was first identified in the Democratic Republic of the Congo (DRC), where most have so far been diagnosed.
- The current outbreak is caused by the Bundibugyo ebolavirus, for which there is no approved vaccine or targeted treatment
- The virus naturally occurs in certain wild animals, including bats, monkeys, and antelopes.

Am I at risk?

- You can only become infected through contact with the blood or other bodily fluids of an infected person or animal (living or dead)
- The virus is NOT spread through the air and is also generally not transmitted by coughing or sneezing.

What are the symptoms?

- It can take 2 to 21 days after a person is infected before they become ill.
- Symptoms often begin with fever, headache and joint or muscle pain
- As the disease progresses, people may also develop a sore throat, nausea, vomiting, diarrhoea, and internal or external bleeding



Important to know

- **The risk to the general population in Europe from the current Ebola outbreak in DRC and Uganda remains very low.**
- **A person with Ebola disease only becomes infectious from the time when they start to show symptoms.**
- **Do not visit a health provider, if you experience symptoms.**

Learn more from your national health authorities or the ECDC website: www.ecdc.europa.eu

If you experience symptoms

If you have been in one of the affected areas and experience symptoms of Ebola during your stay in Denmark, it is important to take the following precautions to protect yourself and others:

- Monitor your health closely and self-isolate if you are showing any symptoms
- If you believe you have symptoms, immediately contact the medical helpline in the region where you are staying. **Do not visit a health care provider in person.**
- If you experience serious symptoms such as difficulty breathing, high fever, or a severe worsening of your condition, you should call the emergency services at 112. It is important that you inform them of the suspected Ebola infection so that the proper precautions can be taken.

Who to contact

- **Emergency call:**
Dial **112** for life-threatening conditions.
- **Medical helpline:**
For non-emergency symptoms, contact the medical helpline for out-of-hours service in your region (e.g., Capital Region of Denmark: 1813). Please note that the medical helpline can only be contacted on weekdays between 4:00 p.m. to 8:00 a.m., as well as 24 hours a day during weekends and public holidays.
- **Nearest general practitioner:**
Citizens or tourists who do not have their own general practitioner may also, in case of non-life-threatening symptoms, contact the nearest general practitioner on weekdays during normal opening hours between 8.00 am to 4.00 pm. Find the nearest general practitioner here: www.sundhed.dk/borger/guides/find-behandler
- **Medical helplines in Denmark**
 - Capital Region of Denmark: **+45 1813**
 - Region Zealand: **+45 1818**
 - Region of Southern Denmark: **+45 7011 0707**
 - North Denmark Region: **+45 7015 0300**
 - Central Denmark Region: **+45 7011 3131**