

- Persons who have died of Ebola must be handled with strong protective wear and buried immediately to prevent spread of the disease; avoid feasting and the funeral should take a very short time
- After handling a patient suffering from Ebola, you must wash your hand thoroughly with soap and water.

POINTS TO REMEMBER

- Ebola is a serious disease, kills in a short time BUT can be prevented
- Ebola spreads from one person to another through physical contact with body fluids of an infected person
- Ebola can be prevented through:
 - Regular washing of hands with soap and water after touching a suspected person
 - Proper protection using gloves, goggles and masks where possible, when handling patients suffering from Ebola
 - Prompt management of all persons suffering from Ebola, by seeking early medical help
 - Proper burying of people who have died of Ebola immediately
 - Reporting of any suspected cases of Ebola to the nearest health unit
 - Avoid communal washing of hands during funerals.

- Avoid eating dead animals especially monkeys.



What you need to know about

EBOLA

- Cause
- Transmission
- Signs and symptoms
- Prevention

For further information contact the nearest health facility or the District Director Health Services

Introduction

The country has been hit by an outbreak of Ebola again. Many people have been affected and others have died. Although this disease is serious and kills in a short time, it can be prevented. This leaflet provides information on what Ebola disease is, how it spreads and how it can be prevented.

What is Ebola?

Ebola is a killer disease caused by a virus. It spreads quickly from person to person, kills in a short time BUT can be prevented.

How is Ebola spread?

It is spread through;

- Direct contact with wounds, body fluids like blood, saliva, vomitus, stool and urine of a person suffering from Ebola or splashing of such fluids from an infected person into another person's eyes
- Un-sterilized injections
- Using skin piercing instruments that have been used by an infected person
- Direct physical handling of persons who have died of Ebola
- Eating dead animals especially monkeys.

What are the signs and symptoms of a person suffering from Ebola?

A person suffering from Ebola presents with sudden onset of high grade fever with any of the following:

- Vomiting
- Diarrhea
- Headache
- Skin rash and red eyes
- Bleeding through the body openings, i.e. eyes, nose, gums, ears, and anus may or may not be present

What should be done to someone suffering from Ebola?

- Patients should be handled with care using protective wear like gloves, goggles, and masks
- The person should be taken to the nearest Health Unit immediately for proper management
- Clothing and beddings of the person should be disinfected with JIK to avoid infecting others in a home

Who is at risk?

- Since the virus spreads through direct contact with blood and other body secretions of an infected person, people living with and caring for the patients are at a high risk of getting infected. Where possible, use gloves when handling these patients to avoid contact with patients' body fluids
- During feeding, holding or caring for the patient, family members and friends come into contact with the body secretions, and can also get infected if not properly covered with protective wear, such as gloves
- Persons who have died due to Ebola can also be infectious if not properly covered with protective wear.

How can Ebola be prevented?

- Avoid direct contact with body fluids, blood, saliva, vomitus, urine, and stool by wearing protective materials like gloves and goggles
- Do not touch wounds of an infected person with unprotected hands
- Do not use skin piercing instruments that have been used on a patient suffering from Ebola
- Avoid eating dead animals especially monkeys.