

EBOLA AWARENESS

WHAT IS IT?

Ebola is caused by a virus.

- Causes a severe illness, with bleeding
- Up to 90% will die
- No vaccine and no treatment are available
- Many people can quickly become infected

HOW DOES IT SPREAD?

Sick people can spread this disease to others

- People in direct contact with sick people are at highest risk:
 - Family members
 - Healthcare workers

Dead bodies can also spread the disease.

BE CAREFUL

- DO NOT wash, touch or kiss dead bodies
- DO NOT wash hands in the same bucket as other who have touched the body

EARLY SYMPTOMS

(Can start 2-21 days after exposure)

- FEVER
- TIREDNESS
- HEADACHE
- NAUSEA

LATER SYMPTOMS

- VOMITING - *May contain blood*
- DIARRHOEA - *May contain blood*
- BLEEDING - *May contain blood* (mostly from nose and mouth)
- COUGH - *May contain blood*



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PREVENTION

YOU CAN CATCH EBOLA FROM SOMEONE WHO IS SICK OR DEAD

- Do not touch an infected person or their body fluids
 - BLOOD
 - VOMIT
 - FAECES OR DIARRHOEA
 - URINE
- WASH YOUR HANDS OFTEN - Use SOAP (If unable to wash use alcohol gel)
- Patients with respiratory symptoms also should wear a face mask
- EBOLA is in animals and bats too. DO NOT touch or eat "bush meat" and don't eat bats.

WHAT TO DO if you get sick

- Call your medical centre and tell them about your illness
- Listen to the advice. You may be sent to a special hospital
- Wear a face mask
- Keep away from others so they don't get sick
- Be especially careful of your vomit and diarrhoea



This information has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic discussed, please consult your medical professional.



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