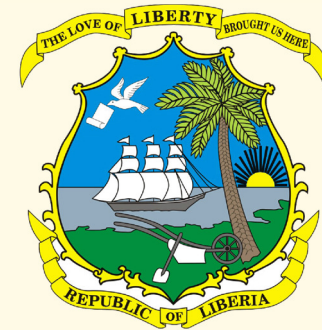


- ⇒ **Hospital staff should have individual gowns, gloves, masks and goggles.**
- ⇒ **Avoid contact with bed clothes from patient with Ebola or soiled clothing.**
- ⇒ **Communities affected by Ebola should make efforts to ensure that every body is well informed about the disease.**
- ⇒ **People who die from Ebola should not be turned over to the family but be quickly and safely buried by the hospital.**
- ⇒ **Avoid playing with Monkeys and Baboons.**



Facts on Ebola Hemorrhagic fever

What is Ebola Hemorrhagic Fever?

Ebola is a severe, infectious disease in humans and animals such as monkeys, gorillas and chimpanzees, which is caused by infection with Ebola virus. It is very infectious, and kills in a short time, but can be prevented.

How is it spread?

The natural reservoir of the virus is unknown and it is not always clear how the virus first appears in humans.

People can be exposed to Ebola virus from direct contact with the blood, saliva, urine, stool, sweat, etc. of an infected person. Thus, the virus is often spread through families and friends because they come in close contact with such secretions when caring for infected persons.

People can also be exposed to Ebola virus through contact with objects, such as needles, that have been contaminated with infected secretions or through contact with soiled clothing or bed

clothes from a patient with Ebola.

How is it spread among health workers?

Exposure to the virus occurs when health workers treat individuals with the virus without wearing masks, gowns, and gloves. In addition, when needles or syringes are used and not disposed of properly or not sterilized. If needles or syringes become contaminated with virus and are then reused, numerous people can become infected.

Incubation period

The time it takes for the virus to clearly be seen in a person is 2 - 21 days

Signs and Symptoms of Ebola

- **fever,**
- **headache,**
- **joint and muscle pain,**
- **sore throat and weakness**
- **diarrhea**
- **vomiting, and stomach pain.**
- **rash**
- **red eyes**
- **hiccups**
- **internal and external bleeding may be**

seen in some patients.

- **In pregnant women, abortion (miscarriage) and heavy vaginal bleeding are common Ebola symptoms.**

How can it be prevented?

- ⇒ **Avoid direct contact with body fluid of a person suffering from Ebola, or dead person by wearing gloves, masks, and goggles.**
- ⇒ **Persons suspected to be suffering from Ebola should be taken to the nearest hospital.**
- ⇒ **Persons who have died of Ebola must be handled using strong, protective wear and buried immediately (no funeral service or rituals).**
- ⇒ **Report any suspected cases of Ebola to the nearest health facility immediately.**
- ⇒ **Suspected person should be kept away from other persons.**