

PROTECT YOURSELF,  
PROTECT YOUR FAMILY  
PROTECT YOUR COMMUNITY

from the deadly **Ebola** virus

**Let's stop the spread of Ebola together**



# Facts about Ebola

## What is Ebola?

- A severe disease in humans and animals which spreads fast
- It can spread easily and kill in a short time
- Signs and symptoms usually start at once within 2 to 21 days of infection.
- There is no treatment for Ebola, but health clinics can give you treatment for the symptoms

## How does Ebola spread?

- Ebola does not spread through air or water
- You have to have direct contact with the blood, saliva, urine, stool, sweat, semen of an infected person or infected animal.
- People who are most at risk are health workers and family and friends of the infected person. Also people who eat bush meat or in contact with wild animals can also get Ebola.
- Ebola can even spread from dead bodies of people or animals that were infected.

# What are the **symptoms** of Ebola Virus Disease?



## Early signs and symptoms:

- Fever
- Severe headache
- Joint and muscle pain
- Sore throat
- Chills (feeling cold)

Over time, symptoms become more severe and may include:

- Feel sick in stomach and vomiting
- Diarrhea (may be bloody)
- Red eyes running water
- Rash (red bumps on the body)
- Chest pain and cough
- Stomach pain
- Severe weight loss
- Hiccups
- Bleeding from the nose, mouth, rectum, eyes and ears



Abortion (miscarriage) and heavy vaginal bleeding are other signs in pregnant women

# What to do if you are showing these **signs and symptoms**?

IF YOU HAVE HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH

## 1. Stay where you are



- . **Don't put your family & community in danger**
- . **Don't go around others**
- . Drink plenty water to keep fever down until you get help

# What to do if you are showing **signs and symptoms**?

IF YOU HAVE HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH

## 2. Get Help from a Health Worker



Call your health worker

0886 520 581, 0886549805  
or 0886530260

If you do not have a phone  
go to the nearest health clinic



# What to do if you are showing **signs and symptoms**?

**IF YOU HAVE HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH**

## 3. Cooperate with health workers



People who care for you must wear gloves, rubber boots, masks, coats & goggles

Listen to health workers—they know best how to help you

They will give you medicine to help you

# What to do if you are showing signs and symptoms?

IF YOU HAVE HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH

## 4. Call for help and Questions



0886 520 581

0886 549 805

0886 530 260

How to protect **yourself**, your **family** and your **community**?



## DO THESE THINGS TO STOP THE SPREAD



Wash your hands with soap and clean water



Cook your food good



How to protect **yourself**, your **family** and your **community**?



## DO THESE THINGS TO STOP THE SPREAD



Go to health clinic if you have initial symptoms  
fever, vomit, pain,  
diarrhea, red  
eyes and rash

# How to protect yourself, your family and your community?



## DO THESE THINGS TO STOP THE SPREAD



Tell everyone you meet about Ebola so they are informed



Call for help or questions

0886 520 581

0886 549 805

0886 530 260

# How to protect yourself, your family and your community?



## DO NOT DO THESE THINGS



Do not touch people you think have Ebola



Do not touch clothes & bed cloths of people you think have Ebola

How to protect **yourself**, your **family** and your **community**?



**DO NOT DO THESE THINGS**



Do not touch vomit,  
saliva, urine, blood and poo  
poo from people you think  
have Ebola

How to protect yourself, your family and your community?



## DO NOT DO THESE THINGS



Do not play with monkeys and baboons



Do not eat or touch bush meat



Do not eat plums eaten by bats



Tell everyone you meet  
about  
Ebola so they are informed



Call for help or questions

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