

6 WAYS TO PREVENT EBOLA

EBOLA IS A DANGEROUS VIRUS BUT CAN BE AVOIDED EASILY!

1



AVOID **PHYSICAL CONTACT** WITH PEOPLE SHOWING SYMPTOMS OF THE **EBOLA VIRUS**

2



WASH YOUR HANDS **REGULARLY** WITH CLEAN **WATER** AND **SOAP**

3



KEEP **AWAY** FROM (FRUIT)BATS, MONKEYS, **DEAD ANIMALS** AND BUSH MEAT

4



ANIMAL **PRODUCTS** SHOULD BE THOROUGHLY **COOKED** BEFORE **CONSUMPTION**

5



INFORM **HEALTH AUTHORITIES** IMMEDIATELY IN CASE OF **CONTACT** WITH EXPECTED OR CONFIRMED **EBOLA CASES**

6



ONLY **TRAVEL** TO AREAS WHERE THERE IS AN **EBOLA** OUTBREAK IN CASE OF **URGENT NEED**

SIGNS AND SYMPTOMS: SUDDEN FEVER, INTENSE WEAKNESS, MUSCLE PAIN, HEADACHE AND SORE THROAT. POSSIBLY FOLLOWED BY VOMITING, DIARRHEA, RASH, IMPAIRED KIDNEY AND LIVER FUNCTION, INTERNAL AND EXTERNAL BLEEDING.