

# EBOLA



## WHAT IS EBOLA AND HOW DOES IT SPREAD?

- Ebola is real and can kill you
- Ebola is spreading in communities now
- To become sick, you must have **DIRECT** contact with a sick person or their body fluids



**Most at risk are:**

- Family members
- Healthcare workers
- People attending funerals

- Antibiotics do not kill Ebola
- **Get immediate treatment at an Ebola centre. This increases the chance of recovery**

**Contact with dead bodies can cause infection. BE CAREFUL (Bury carefully. Keep away)**

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



## WHAT ARE THE SYMPTOMS OF EBOLA?

Symptoms can start 2-21 days after contact with an infected person or body

### Early Symptoms



Fever    Muscle Pain    Headache    Weakness

### Late Symptoms



Vomiting  
*May contain blood*    Diarrhoea  
*May contain blood*    Rash, red eyes    Bleeding  
(Including from nose, mouth, skin)

## PREVENTION OF EBOLA AND WHAT TO DO

You can only catch EBOLA by touching someone who is sick or dead, their body fluids, or things they have touched

- Wash your hands regularly – use soap!
- Regularly clean things people touch
- DO NOT touch an infected person or their body fluids, including blood, vomit, faeces, urine

**EBOLA is in animals and bats too**

- Only eat well cooked meat
- Avoid forest animals that are sick or found dead
- Avoid bats and bat meat

If you are sick or you touched a sick person or their body fluid:

- Call your medical centre
- Listen to the advice. You may be sent to a special hospital
- Don't let anyone touch you
- Be especially careful of your vomit and diarrhoea

**Getting assessed and treated immediately at Ebola centres increases the chance of recovery**

