

# How to Protect Yourself



## Don't Touch Carcasses

Dead bodies can still transmit Ebola. Don't touch them without protective gear or avoid them altogether.

## Protect Yourself

Use protective gear if you must care or go near someone you suspect has Ebola. Don't share toothbrushes or other things that have body fluids. Keep to yourself!



## Report

Report any suspicious symptoms in yourself or anyone else IMMEDIATELY you notice them. Don't delay! Don't be ashamed! You will save a life!

## Educate Everyone

Tell your neighbours, colleagues and domestic staff. You're safer when everyone is educated about Ebola.



# Ebola is Deadly but Preventable!

## *Let's work together to save lives!*

If you see anything suspicious - or anyone displaying the symptoms of Ebola, call these numbers immediately.

**You will save lives!**

**0802 316 9485**

**0803 308 6660**

**0803 306 5303**

**0805 528 1442**

**0805 532 9229**

For more information, please go to  
[www.ebolafacts.com](http://www.ebolafacts.com)

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# Ebola Facts

## What You Need to Know

Ebola is an infectious disease. It kills 60-90% of the time and has no cure. *The good news is that you don't have to get it.*



# What's Ebola?

Ebola is an infectious disease. It kills 60-90% of the time and has no known cure



## It's Bloody

Ebola is what scientists call a haemorrhagic fever - it operates by making its victims bleed from almost anywhere on their body. Usually, victims bleed to death.

## It's Contagious

Ebola is highly contagious; being transmitted via contact with body fluids such as blood, saliva, semen or body discharges.



***Ebola is NOT AIRBORNE!***



## It's Really Deadly

About 60-90% of people that catch Ebola will die from it. It's one of the deadliest diseases in the world, killing in a few weeks.

## It's Untreatable

This is the sad part - Ebola has no known treatment or cure but **people can be taken care of and might recover if they report to the authorities EARLY!**



# Symptoms of Ebola

The symptoms generally take 2 - 21 days to show. They can look like malaria or a flu so be very careful.



Fever



Headache



Diarrhoea



Vomiting



Weakness



Joint & Muscle Ache



Stomach Pain



Lack of Appetite

# How to Protect Yourself

There are a few things to protect yourself and your family. Don't mess around with this advice; remember, Ebola has no cure!



## Wash Your Hands with Soap

Do this a lot. You can also use a good hand sanitizer. Avoid unnecessary contact!

## No Bush Meat

Bush meat may be carrying the virus. Also avoid suya. Better to restrict yourself to food you prepared yourself.



## Disinfect Your Surroundings

The virus cannot survive disinfectants, heat, direct sunlight, detergents and soaps. Clean up!

## Fumigate If you Have Pests

Fumigate your environment & dispose of the carcasses properly! Cleaner is better

