

July 2014

EBOLA FACT SHEET



MoHS

Sierra Leone

What is the role of the community?

- Report any suspected cases of Ebola to the nearest health facility immediately.
- Isolate suspected cases of Ebola from other people.
- Communities affected by Ebola should make efforts to ensure that the population is well informed about Ebola.
- Address rumors quickly with facts.
- Help prevent stigma and panic

If you suspect a case of
Ebola, or need more
information, contact the
MoHS Directorate of Disease
Prevention and

Control **FREE:**

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How can Ebola be prevented?

- Avoid direct contact with body fluids like blood, saliva, vomit, stool, semen, vaginal fluids and urine.
- Avoid eating bush-meat and dead animals, especially monkeys, chimpanzees and bats.
- Do not eat fruits that have been partly eaten by bats (“batmot”)
- Always wash hands with soap after touching sick people.
- Do not touch the body of a person who has died from suspected Ebola.
- Do not share sharp objects such as needles or razor blades.
- Disinfect clothing and beddings of suspected Ebola patients with bleach, or soap.
- Contact medical teams to disinfect the house of a confirmed cases.
- Go to a health facility immediately, if you feel sick. The earlier you go the greater the chances of survival.

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Introduction

Ebola is a new disease in Sierra Leone. It kills people if treatment is not sought early, when the symptoms are noticed.

Ebola is spread to humans through contact with an infected bat or other wild animal that is often used as bush-meat. It also spreads quickly from person to person. In Sierra Leone many people have been infected and some have died. Although this disease is dangerous and kills in a short time, it can be prevented. This leaflet provides information on what Ebola disease is, how it spreads and how it can be prevented.

How is Ebola spread?

The Ebola virus is spread by:

- Contact with infected bush-animals (mostly monkeys and bats).
- Contact with a person infected by the Ebola virus.
- Direct contact with body fluids: blood, vomit, sweat, tears, saliva, urine, feces, breast milk, sperm, vaginal secretions, and runny nose.
- A person can be infected if any of the above liquid(s) goes into his/her body by: the eyes, nose, mouth, sex, or injury on the skin.
- Contact with droplets of body fluids, by coughing (saliva).
- Unprotected (no condom) sexual relations with an infected person.
- Breastfeeding (from an infected mother to her child).
- Physical contact with a person who died of Ebola.

When a person dies of Ebola, the body is highly contagious because it leaks fluids containing the virus. That's why nobody should touch the body without special protection.

Note that the virus is **not** spread by breathing the air, it is not airborne unless the infected person coughs or sneezes on you.

What are the signs and symptoms of Ebola?

Ebola usually starts with a **sudden high fever** and any one of the following:

- Diarrhea (sometimes bloody)
- Vomiting (sometimes bloody)
- Body weakness; headache
- Difficulty in swallowing
- Abdominal, joint or body pains (especially in the chest)
- Skin rash

A person is contagious when one or more signs of the disease are present. Later bleeding may occur from different parts of the body.

For better chances of survival

- Go to a health facility **immediately** if you have a sudden fever or diarrhea or vomiting
- Inform the nearest health center immediately, if someone you know is suspected of having Ebola.
- When an Ebola case is suspected, it is necessary to inform the health worker or the nearest health facility.
- Do not move the patient. If the medical team confirms

that it is a suspected case of Ebola, the patient will be placed in the treatment center.

The role of a community is to report all suspected cases defined as:

“Any person with sudden onset of fever”

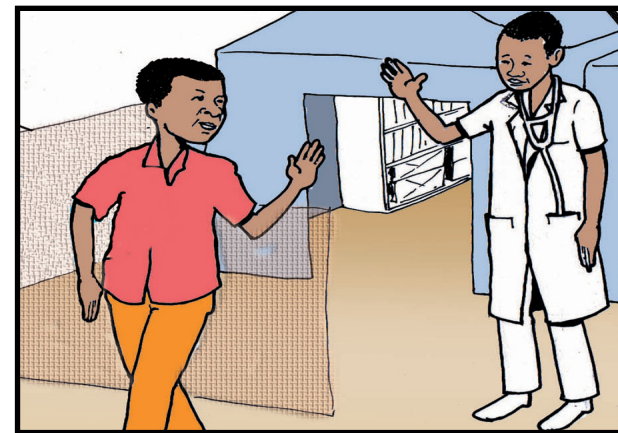
OR:

“Diarrhea (with or without blood), bleeding, rash, or blood in urine, or weakness and tiredness”

Why go to the health center?

There is no cure or vaccine against Ebola yet. At the health center the medical team provides treatment of the disease by:

- Lowering the fever
- Pain Reduction
- Good Nutrition
- Rehydration
- Infection control



People suffering from Ebola have a much higher survival rate if they receive early treatment at a health facility compared to staying at home.