

**PROTECT YOURSELF**

**PROTECT YOUR FAMILY**

**PROTECT YOUR COMMUNITY from Ebola**

## Things Everyone Should Know and Do

gCHV flipbook for Interpersonal Communication



**And Partners**

# What are the signs and symptoms of Ebola?

The signs and symptoms of Ebola look like malaria and typhoid at first



Fever that starts quick-quick



Feel weak  
Headache, sore throat, pain in the  
body or stomach



Vomiting



Running Stomach



Rash or small bumps  
on the skin



Red eyes or bleeding  
from eyes, nose or  
mouth

But then it gets much worse!

**A person can spread Ebola to others as soon as they start to show signs and symptoms**

- Once the Ebola catch you, it can take **2 to 21** days before it start to show on you.
- You cannot test for ebola until you have had the symptoms.
- Signs of Ebola can last about 1 week.
- When Ebola signs come on plenty, it is easy to pass to others



# How is Ebola spreading in Liberia?

**Ebola is spreading person to person**



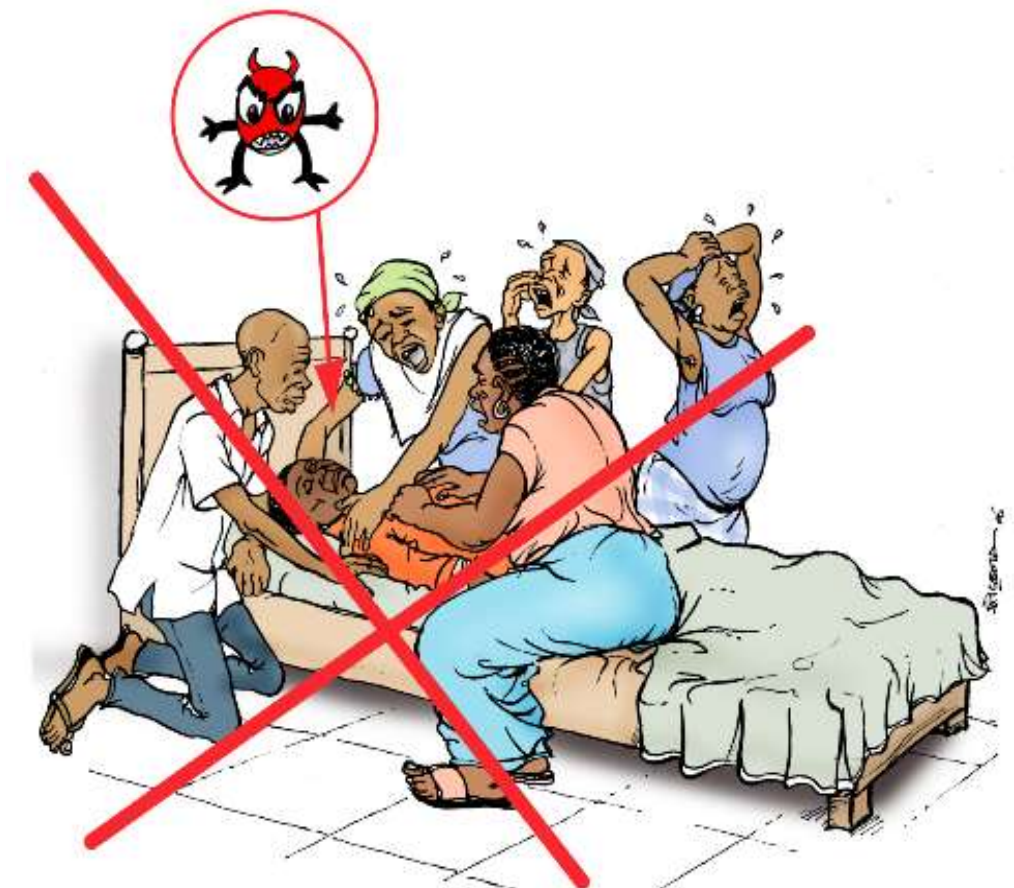
**Body fluids are things like:**



**Through the body fluids of a person that is sick with or has died from ebola**

**Traditional burial practices are spreading Ebola in Liberia. Touching the body, body fluids, or personal things of a person that is sick with or has died from Ebola spreads the sickness.**

- **Do Not touch** anyone that has died with the signs and symptoms of Ebola
- **Do Not wash** anyone that has died with the signs and symptoms of Ebola
- **Do Not bury** anyone that has died with signs and symptoms of Ebola
- **Do Not touch** sick persons or the things they have touched when they are sick





# How can I protect myself from Ebola?

You can protect yourself when you always wash your hands with soap and clean water or chlorine water



Wash your hands with soap and water or chlorine water

Before cooking and eating



If you forget and touch someone, coughing or sneezing, or after toileting



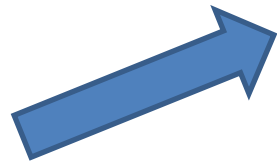
You also protect yourself when you do not touch people that are sick with or have died from Ebola or their body fluids.

Even if a person only has a fever, do not touch them or sleep near them until you know the reason they are sick. Keep distance!



# What do I do if a family member has the signs and symptoms of Ebola?

If a family member has the signs of Ebola call 4455 and tell your community leader



While you wait for a help team to come

- Have only 1 caregiver
- Keep the sick person in their own area
- Take them plenty of water, tea, and soup (at least 3 liters a day).
- **DO NOT** give aspirin or other pain killers.
- **Do not touch** them or their personal things!



If a family member has the signs of or has died from Ebola



- **Do Not** run away!
- **Do Not** hide sick people!
- **Do Not** bury the body!

These things can spread Ebola!

Call 4455 for advice first because:

- Not all hospitals or clinics are open or can give care for Ebola.
- Every county is different.
- Call 4455 and they will tell you what to do.



**REMEMBER, if someone has the signs of or has died from Ebola:**

- Call for help!
- Tell your local leader!
- Keep the sick person in their own area!

**IF you MUST look after a sick person while you wait for help, you CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.**

**Keep the sick person in their own area away from the family**



- Only 1 person in the family should look after the sick person.
- Take them plenty of water, tea, and soup (at least 3 liters a day).
- You can give paracetamol, but **do not** give aspirin or other pain killers.
- Give them a bucket for vomit or poo-poo. Put small Clorox in the bottom of it.
- Sick people should cover their cough with their arm.

**Get yourself ready by gathering these things:**



**Things to wash your hands: 1 bucket should be filled with strong Clorox or chlorine water.**



**Strong plastic gloves or bags to cover your hands (2 for each hand). Check them for holes and take off any rings, watches, or bracelets.**



**Long sleeve jacket that buttons or zips to cover your arms**




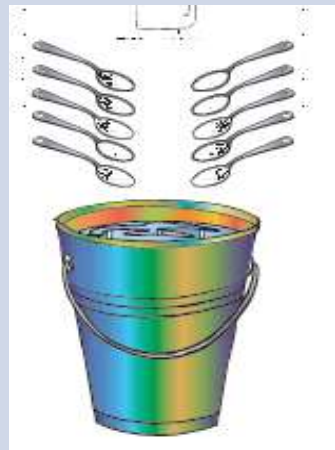
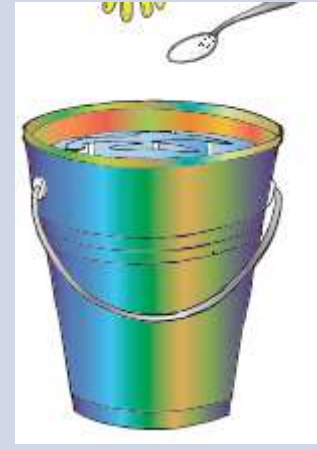


**Things to burn the plastic: matches, a metal bucket or tin, and a stick**

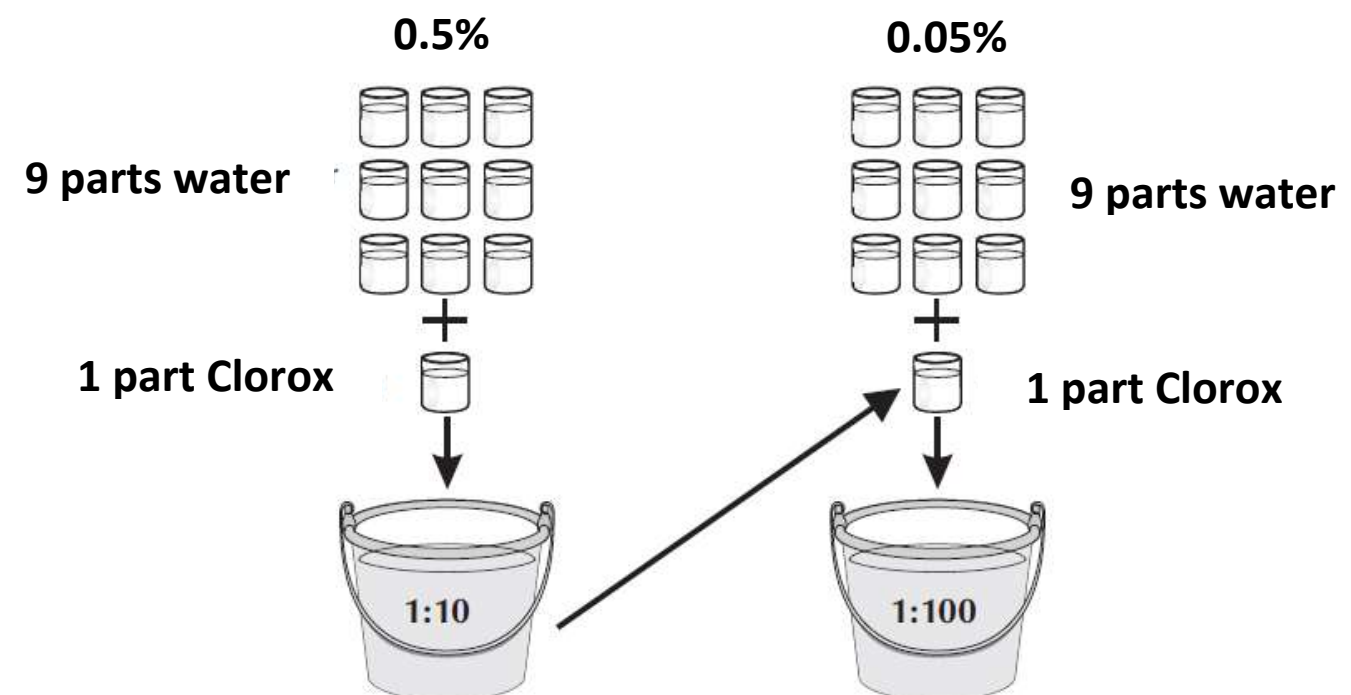


**IF you MUST look after a sick person while you wait for help, you CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.**

**Make chlorine water to wash your hands and **STRONG** chlorine water for cleaning**

 <p><b>Chlorine powder</b> (Calcium hypochlorite powder or granules 70%)</p>	<p><b>1:10 STRONG solution for CLEANING</b></p> <ul style="list-style-type: none"> <li>• Soiled clothes</li> <li>• Toilets</li> <li>• Body Fluid Spills</li> <li>• Floors/Environment</li> </ul>	<p><b>1:100 solution for hand washing</b></p> <ul style="list-style-type: none"> <li>• Bare hands and skin</li> </ul> 
	<p><b>10 tablespoon into 20 liters of water</b></p> 	<p><b>1 tablespoon into 20 liters of water</b></p> 

**You can also make chlorine water for hand washing and **STRONG** chlorine water for cleaning with 5% bleach**



# IF you MUST look after a sick person while you wait for help, you CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.

## Before touching or cleaning ALWAYS:

1. Wash your hands with soap and clean water
2. Cover your arms with long sleeves
3. Cover your hands with strong plastic – do not wrap or tie too tight!
  - plastic Gloves or Mind Your Business Plastic Bags
  - Put some of the chlorine water on the bags before you touch or clean



## BEFORE you remove the plastic bags or gloves:

- Put your covered hands (bags or gloves still on) into the bucket of chlorine water. Do not let the water enter the bag.
- Use some of the chlorine water to wash the inside and outside of the bucket with it, to make sure it is clean.
- Remove the bags into the bucket of Clorox/chlorine water without touching the outside of the bag. Use the stick to push them into the water.
- Use the stick to move the bags to the metal bucket or fire and burn them. Be careful not to splash the water.
- Empty the water away from the yard and any water sources. You can put it in the toilet.
- Wash your hands up to the elbow of the jacket with Clorox/chlorine water and soap and water quick-quick after burning the bags.
- Take off the jacket without touching the outside parts and soak it strong chlorine water for 30 minutes.
- Wash your hands





**IF you MUST look after a sick person while you wait for help, you CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.**

**Burn all things that touch a person sick with Ebola or their body fluids quick-quick. These things can spread Ebola**



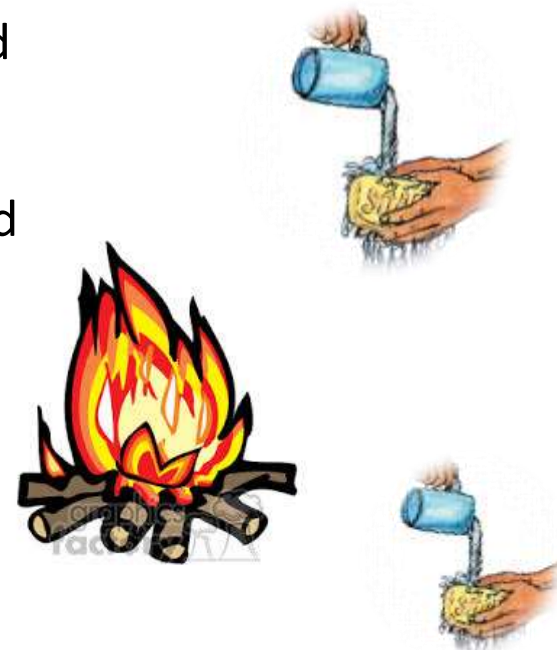
Photo Source: JOHN MOORE/GETTY IMAGES <http://www.ibtimes.co.uk/ebola-outbreak-photos-fear-panic-liberian-forces-seal-west-point-slum-contain-disease-1461985>

**DO NOT TOUCH any part of your body, especially your face, until you WASH YOUR HANDS.**



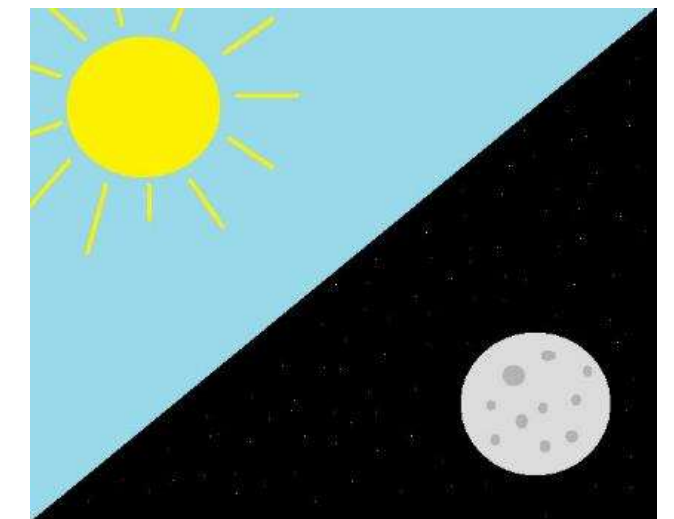
**If body fluid touches your skin or gets on your clothes**

- Wash your skin quick-quick with soap and water or Clorox/chlorine water.
- Soak the clothes in the chlorine water and take them off. Burn them quick-quick.
- Wash your hands with Clorox/chlorine water and soap and water quick-quick again after burning the clothes.



**Watch the condition of the caregiver for 21 days**

If the caregiver shows any fever or other signs call 4455, and tell your community leader.



# What happens if a help team takes my family member to the Ebola Treatment Unit?

The hospital people treat the signs and symptoms safely so the person can recover



- Treatment is for signs and symptoms
- Getting treatment sooner helps people to survive.

If your family member is in the Ebola Treatment Unit



- Food is provided to them.
- The treatment is free.
- You cannot enter the room.
- You can talk to your family member from a distance or on the phone
- You may become a **contact**.

You are a contact if you have:

- Slept in the same house with...
- Touched the body of...
- Touched any body fluids of...
- Touched the personal things of...

A person that is sick or has died from Ebola.



If you are a contact you will be:

- Asked for your name, phone number and place you live.
- Asked to stay home and not to go around or touch people for 21 days.
- Visited every day by a contact tracer to see if you have fever.

If you do have a fever, you will start care quick-quick.





# What do I do if there is a dead body in my community?

## Ebola spreads when we touch the body or things of a person who died from Ebola

- Keep everyone away from the body to protect yourself and your family.
- Call 4455.
- The body should be buried by a trained team.
- The team will wear suits to keep them safe when they move the body.



## The help team will spray the body and the house, and will counsel the family

- The spray is made of the same strong chlorine and water that they use in the hospital.
- The spray cleans the house good-good so it is safe for everyone.
- The counseling will be given for family members and contacts.



## Report any dead bodies quick-quick!



Photo Source: google image



- Call 4455
- Tell your community leader
- Don't bury people in secret

## The body is buried or burned to keep the community safe



Photo Source: <http://www.larryhollon.com/blog/category/global-health>

# You can survive Ebola!

## There is hope!

- Your **can** protect yourself from Ebola
- You **can** survive Ebola
- There are over 100 **survivors** in Liberia
- This number is growing **every day**



## Survivors are people that caught Ebola but got better

- After getting better, survivors were tested two more times for Ebola. Both tests were negative.
- Survivors should not do man-woman business for three months.
- Welcome survivors back home and back to the community.

## We can only stop the spread of Ebola together!





# It is important to see if any child has the signs of severe acute malnutrition when you are doing your Ebola awareness activities!

Refer any children with the signs of Severe Acute Malnutrition (SAM) to the nearest IMAM Site



- Weight loss
- Muscle wasting -arms

- Loose thin skin folds
  - Armpits
  - Buttocks

- Bones stand out:
  - Collarbone, shoulder blades, ribs
- Pot belly

- Oedema (swelling)
  - Feet, arms, face
- Open skin lesions (sores)

Looking for and referring children for SAM saves lives!

## REMEMBER!

- Refer any child with the signs of SAM to the nearest IMAM clinic.
- Fill out the referral form. Give 1 copy to the mother. Give 1 to the OIC.



BEFORE



AFTER