

If you are a recent Ebola survivor, unprotected sex can put your partner at risk.

Recent Ebola survivors should also avoid pregnancy for three months.

Here is what you need to know to protect yourself, protect your partner, and avoid pregnancy.

# Ebola Survivors:

## READ THIS BEFORE YOU HAVE SEX

Couples counseling is encouraged with your community psychosocial counselor.



**MINISTRY OF HEALTH  
AND SANITATION**  
THE REPUBLIC OF SIERRA LEONE

Ministry of Health and Sanitation  
The Republic of Sierra Leone



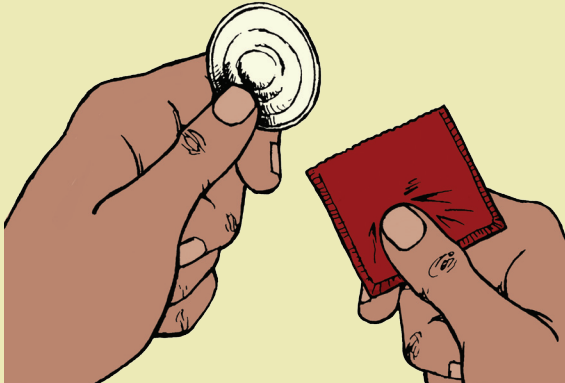
**MINISTRY OF HEALTH  
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The Ebola virus can live in the sperm and vaginal fluids of an Ebola survivor for up to 3 months.

Men and women who have recovered from Ebola are advised to abstain from sex (including oral sex) for three months.

Even though it is not recommended, if a recent Ebola survivor does have sex a condom should be used every time. This will help reduce the risk to your partner and reduce the chance of pregnancy.

**1. CAREFULLY OPEN AND REMOVE THE CONDOM.**



**2. USE THE CONDOM WHEN THE PENIS IS HARD.**



**3. PLACE CONDOM ON PENIS HEAD.**



**4. PINCH AIR OUT OF THE TIP OF THE CONDOM.**



**5. UNROLL THE CONDOM TO THE BASE OF PENIS.**



**6. NOW YOU CAN HAVE SEX.**



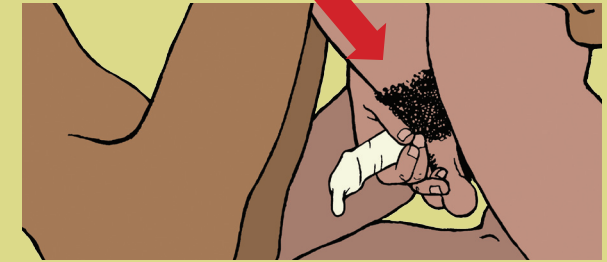
USE A NEW CONDOM EVERY TIME YOU HAVE SEX.

AVOID PREGNANCY FOR THREE MONTHS. TWO SURVIVORS WHO HAVE SEX TOGETHER SHOULD USE CONDOMS TO PREVENT PREGNANCY DURING THIS TIME.

**AFTER SEX, ONLY THE SURVIVOR SHOULD TOUCH THE USED CONDOM.**

**7. AFTER SEX, THE SURVIVOR SHOULD HOLD CONDOM ON THE BASE OF THE PENIS AND PULL OUT OF THE VAGINA.**

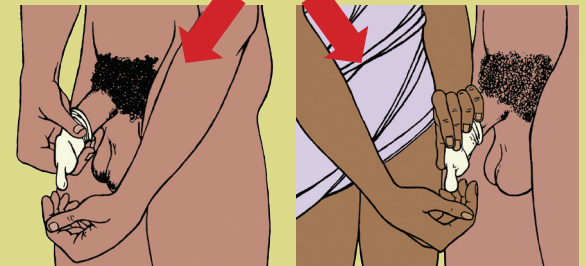
Male Survivor



**8. THE PARTNER WHO IS THE SURVIVOR SHOULD REMOVE THE CONDOM.**

Male Survivor

Female Survivor



**9. ONLY THE SURVIVOR SHOULD DISPOSE OF THE CONDOM SAFELY IN A PIT LATRINE OR TOILET.**

