

When should someone seek medical care?

- If a person has been in an area known to have Ebola virus disease or in contact with a person known or suspected to have Ebola and they begin to have symptoms, they should seek medical care immediately
- Any cases of persons who are suspected to have the disease should be reported to the nearest health unit without delay
- Prompt medical care is essential to improving the rate of survival from the disease. It is also important to control spread of the disease

What about treatment?

- Severely ill patients require intensive supportive care. They are frequently dehydrated and need intravenous fluids or oral rehydration
- There is currently no specific treatment to cure the disease
- Some patients will recover with the appropriate medical care
- To help control further spread of the virus, people that are suspected or confirmed to have the disease should be isolated from other patients and treated by health workers using strict infection control precautions

What can I do? Can it be prevented?

- Raising awareness of the risk factors and measures people can take to protect themselves, early detection and effective treatment are the only ways to reduce illness and deaths
- Currently there is no licensed drug or vaccine for Ebola virus disease. Several vaccines are being tested, but none are available for clinical use right now
- Direct contact with people showing signs and symptoms of the disease should be avoided, as well as contact with soiled clothing, used needles or people infected with Ebola virus disease
- It is important to reduce contact with high-risk animals (i.e. fruit bats, monkeys) including not picking up dead animals found lying in the forest or handling their raw meat
- WHO strongly recommends that people seek credible health advice about Ebola virus disease from their public health authorities

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EBOLA is Preventable

Play your part!



What is EBOLA virus disease (EVD)?

- Ebola virus disease (formerly known as Ebola haemorrhagic fever) is a severe, often fatal illness, with a death rate of up to 90%
- The illness affects humans and nonhuman primates (monkeys, gorillas, and chimpanzees)
- Ebola first appeared in 1976 in two simultaneous outbreaks, one in a village near the Ebola River in the Democratic Republic of Congo, and the other in a remote area of Sudan

- The origin of the virus is unknown but fruit bats (Pteropodidae) are considered the likely host of the Ebola virus, based on available evidence
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How do people become infected with the virus?

- Ebola virus disease is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals
- In Africa, infection has occurred through the handling of infected chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead in the rainforest
- Once a person comes into contact with an animal that has Ebola virus disease, it can spread within the community from human to human. Infection occurs from direct contact with the blood, or other bodily fluids or secretions (stool, urine, saliva, semen) of infected people



- Infection can also occur if a person comes into direct contact with environments that have become contaminated with an Ebola patient's infectious fluids such as soiled clothing, bed linen, or used needles.

Who is most at risk?

- Hunters in the rain forest who come into contact with dead animals found lying in the forest

During an outbreak those at higher risk of infections are:

- Health Workers
- Family members or others in close contact with infected people
- Mourners who have direct contact with the bodies of the deceased as part of burial ceremonies



What are typical signs and symptoms of infection?

- Sudden onset of fever, intense weakness, muscle pain, headache and sore throat
- This is followed by vomiting, diarrhoea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding
- Laboratory findings include low white blood cell and platelet counts, and elevated liver enzymes.
- The incubation period, or the time interval from infection to onset of symptoms, is from 2 to 21 days.
- The patient becomes contagious once he/she begins to show symptoms. They are not contagious during the incubation period
- **Ebola virus disease infections can only be confirmed through laboratory testing**



Fever



Joint & muscle aches



headache



Stomach ache



Vomiting



diarrhoea



Blood in Urine