

**PROTECT YOURSELF  
PROTECT YOUR FAMILY  
PROTECT YOUR COMMUNITY**

Against the **Ebola** Virus Disease

✓ **DO**

✗ **DO NOT**

- |   |   |
|---|---|
|  <p>Always Wash your hands with soap and clean water</p>   |  <p>Do not touch people with signs of or have died of Ebola</p>  |
|  <p>Always cook your food properly</p>   |  <p>Do not touch clothes &amp; bed cloths of people Who have died of Ebola</p>   |
|  <p>Go to the Health Facility anytime you have headache, Pain, Diarrhea, red eyes rash and vomiting</p>                                    |  <p>Do not touch vomit, Saliva, Urine, blood and poo poo of people who have signs and symptoms of Ebola</p>  |
|  <p>Tell anyone you meet about Ebola so they can be informed</p>   |  <p>Do not play with Monkeys and Baboons</p>   |
|  <p>Call these numbers if you need help for help :<br/>0886229641<br/>0886397381<br/>0776547437<br/>1333 (Lonestar)<br/>4455 (Cellcom)</p> |  <p>Do not eat bush meat</p>  <p>Do not eat plums eaten by bats</p> |

Let's stop the spread of Ebola Together



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# EBOLA VIRUS



## WHAT IS EBOLA AND HOW DOES IT SPREAD?

- Ebola is caused by a virus
- No vaccine, and no treatment are available
- Causes severe illness, with bleeding
- Highly contagious; many people can quickly become infected
- Up to 90% of the infected will die!



- Sick people can spread the disease to others
- People in direct contact with sick people are at highest risk:
  - Family members
  - Healthcare workers



- Contact with dead bodies can cause infection. BE CAREFUL (Bury carefully, keep away)
- DO NOT wash, touch or kiss dead bodies
- DO NOT wash hands in the same bucket as others who have touched the body

## WHAT ARE THE SYMPTOMS OF EBOLA?

Symptoms can start within 2 days of contact with an infected person or body

### Early Symptoms

### Late Symptoms



Fever



Nausea



Headache



Tiredness



Vomiting

May contain blood



Diarrhoea

May contain blood



Coughing

May contain blood



Bleeding

(Mostly nose or mouth)

## PREVENTION OF EBOLA AND WHAT TO DO IF YOU GET SICK



- You can catch EBOLA from someone who is sick or dead
- Wash your hands regularly - use soap!



- DO NOT touch an infected person or their body fluids, including blood, vomit, faeces, urine
- DO NOT touch or eat "bush meat" and don't eat bats

- Call your medical centre and tell them about your illness
- Listen to the advice. You may be sent to a special hospital
- Keep away from others so they don't get sick
- Be especially careful of your vomit and diarrhoea



call the following numbers: 0886229641, 0886397381, 0776547437, 1333 (Lonestar), 4455 (Cellcom)



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# EBOLA RESPONSE