

PROTECT YOURSELF
PROTECT YOUR FAMILY
PROTECT YOUR COMMUNITY from Ebola

Things Everyone Should Know and Do

A Flipbook for Interpersonal Communication



And partners

WHAT ARE THE SIGNS AND SYMPTOMS OF EBOLA?

The signs and symptoms of Ebola look like malaria, typhoid and other sicknesses at first...



Fever that starts quick-quick

Early Signs



Feel weak

Headache, sore throat, pain in the body or stomach

...but then it gets much much worse!



Vomiting



Running stomach

Late Signs



Rash or small bumps on the skin



Red eyes or bleeding from eyes, nose or mouth

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

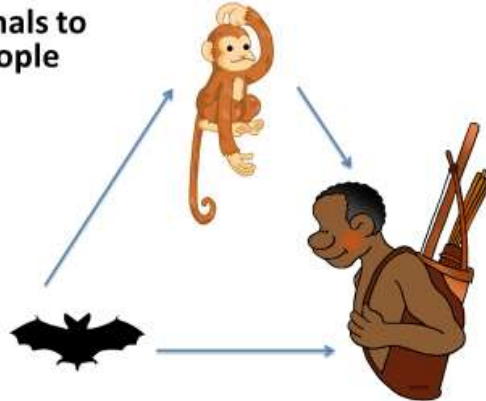
- Once the Ebola catch you, it can take **2 to 21** days before it start to show on you.
- You cannot test for ebola until you have had the symptoms
- Signs of Ebola can last about 1 week.
- When Ebola signs comes on plenty, it is easy to pass to otherS



HOW DOES EBOLA SPREAD?

Ebola is spread from...

Animals to people



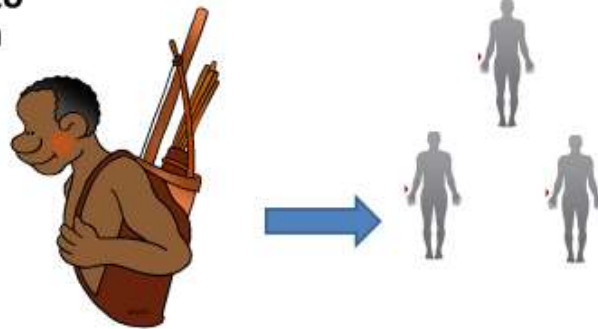
through body fluids of an animal that has ebola.

Ebola is spread from animals to people when we prepare, touch or eat bush meat.



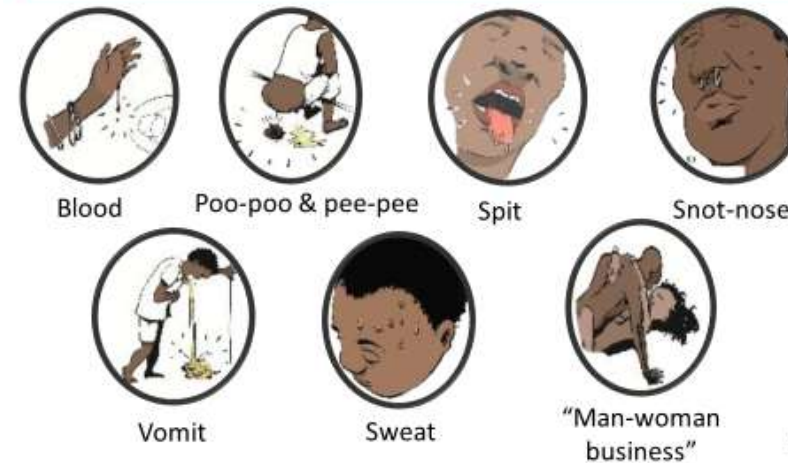
Ebola is spread from...

Person to person



through body fluids of a person that is sick with or has died from ebola .

Body fluids are things like...



It spreads from person to person by touching the skin, body fluids or personal belongings of a person that is SICK or has DIED from Ebola.



Traditional burial practices are Spreading Ebola in Liberia

- **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

Ebola enters the body through

It can spread to us when we touch our eyes, nose, or mouth



Or through small, small cuts in our skin



YOU CAN PROTECT YOURSELF FROM EBOLA

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



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Wash your hands with soap and clean water or with chlorine water...

Before cooking and eating



If you forget and touch someone or help someone, or after going to the toilet



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You also protect yourself when you DON'T TOUCH the skin or body fluids of people sick with or who have died from Ebola

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



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WHAT DO I DO IF A FAMILY MEMBER HAS THE SIGNS & SYMPTOMS OF EBOLA?

If a family member or friend has the signs and symptoms of Ebola, do 2 things...

1. Call the Ebola Hotline at 4455. It is **FREE!**
AND
2. Tell your local leader.



While you wait for a help team...



- Have only 1 caregiver
- Keep the sick person in their own area
- Take them plenty of water.
- **Do not touch** them or their personal things!

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Call 4455 for Advice!

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



If someone in your family has the signs of Ebola, or has died from Ebola



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

These things can spread Ebola!

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REMEMBER
If someone is sick or has died...

Call 4455. It is **FREE!**
AND
Tell your local leader.



Keep them in their own area and bring them plenty water while you wait for help. **DO NOT TOUCH!**

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IF you **MUST** look after a sick person while you wait for help, the caregiver **CAN** catch Ebola.

These things **MAY** help reduce the spread of ebola. Do them and **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. This person is the caregiver.
 - The caregiver should not have any cuts on their hands!
- Keep all other family members away from:
 - the sick person and their things
 - the caregiver
 - the area in the house where the sick person is



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Wash your hands and **COVER** Your hands in **PLASTIC** BEFORE

Touching or cleaning:

- the sick person
- their body fluids
- their personal things, like clothes, blanket, play things or phone
- the room or area the sick person is in



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BEFORE YOU REMOVE THE PLASTIC

- Wash your **covered hands** (with plastic bags still on) in Clorox/chlorine water **BEFORE** you take off the plastic bags.
- **Burn** the plastic bags and **ALL** clothes that touched the sick person or any body fluids **quick-quick**.
- Wash your hands with Clorox/chlorine water and soap and water **quick-quick** after burning.



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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.times.co.uk/ebola-outbreak-photos-free-clip-art>
<https://www.gettyimages.com/detail/photo/ebola-outbreak-photos-free-clip-art>

Do not throw them away in the garbage.

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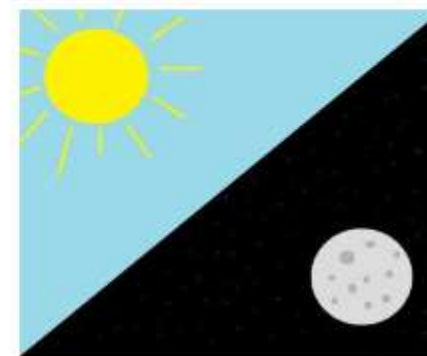
DO NOT TOUCH any part of your body, especially your face, until you WASH YOUR HANDS.



Watch the condition of the sick person and the caregiver for 21 days

21 days

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



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

- Wash your skin quick-quick with soap and water or Clorox/chlorine water.
- Take off the clothes and burn them quick-quick
- Wash your hands with Clorox/chlorine water and soap and water quick-quick after burning.



WHAT HAPPENS IF A HELP TEAM TAKES MY FAMILY MEMBER TO THE EBOLA TREATMENT

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

- Getting treatment sooner helps people to survive. Call 4455 for help quick-quick.



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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.

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HOW DO I KNOW IF I AM 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.



Photo Source: John Moore / Getty Images <http://www.ribo news.com/storyline/ebola-virus-outbreak/liberia-child-suspected-contacting-ebola-clings-to-life-124406>

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If you are a contact

- You will be asked for your name, phone number and place you live.
- You will be asked to stay home and not to go around or touch people for 21 days.
- The hospital people will visit you every day to see if you have fever. This is so you can be tested and start care quick-quick if you get sick.
- This is called "contact tracing".



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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.
- Call 4455.
- The body should be buried by a trained team to keep everyone safe.
- The team will wear protective clothing because they will have to move the body.



Photo source: JOHN MOORE/GETTY IMAGES <http://www.nytimes.com/2014/09/16/health/ebola-death-toll-tops-1-000-west-africa-article-1.html>

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The help team will spray the body and the house and 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 of the victim.



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Report Any Dead Bodies Quick-Quick!

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



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The body is not thrown away. The person is buried or burned to keep the community safe.



Photo Source: <http://www.bbc.com/news/health-2014-09-16>

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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



Photo source: <http://libnews.go.com/health/ebola-worshipers/article/ebola-survivors/2014/05/08/>

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Survivors are people who tested negative for Ebola

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

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Knowledge is power. Spread the word, not Ebola.



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We Can Only Stop the Spread of Ebola Together!



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