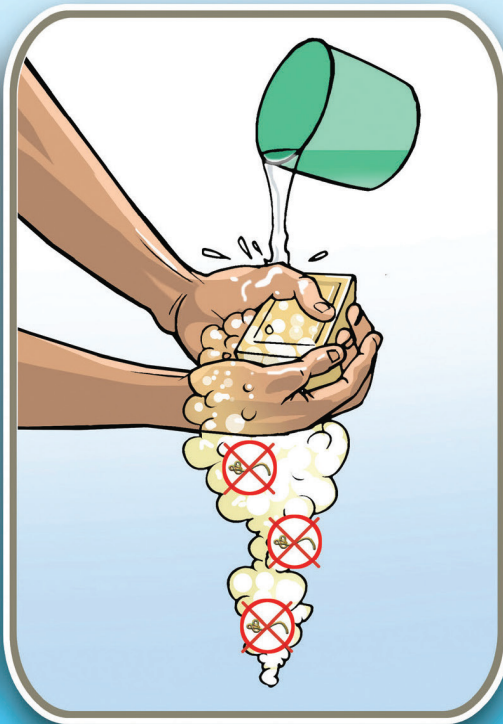


HOW CAN WE PREVENT EBOLA?



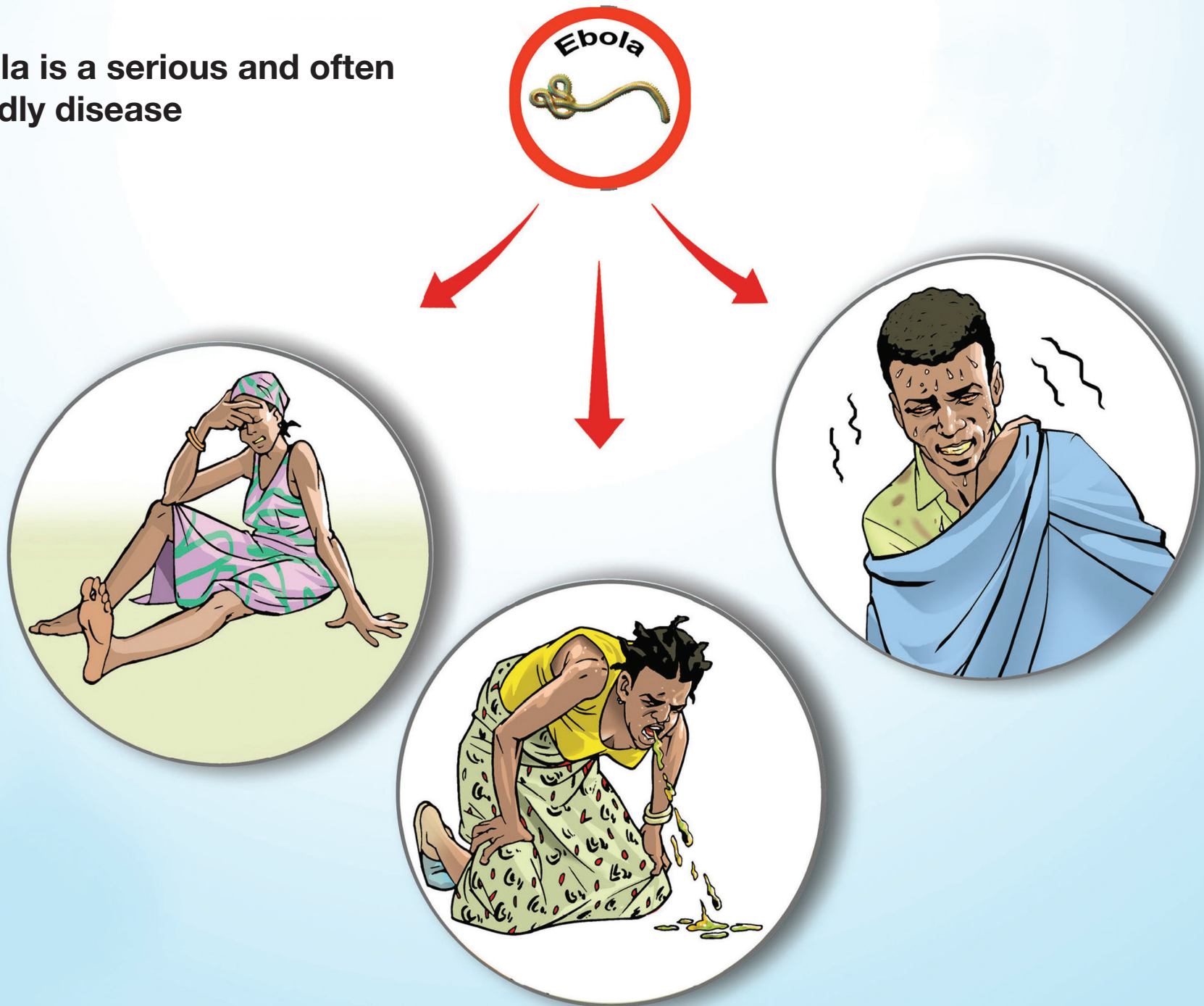
World Health
Organization



USAID
FROM THE AMERICAN PEOPLE

unicef 
for every child

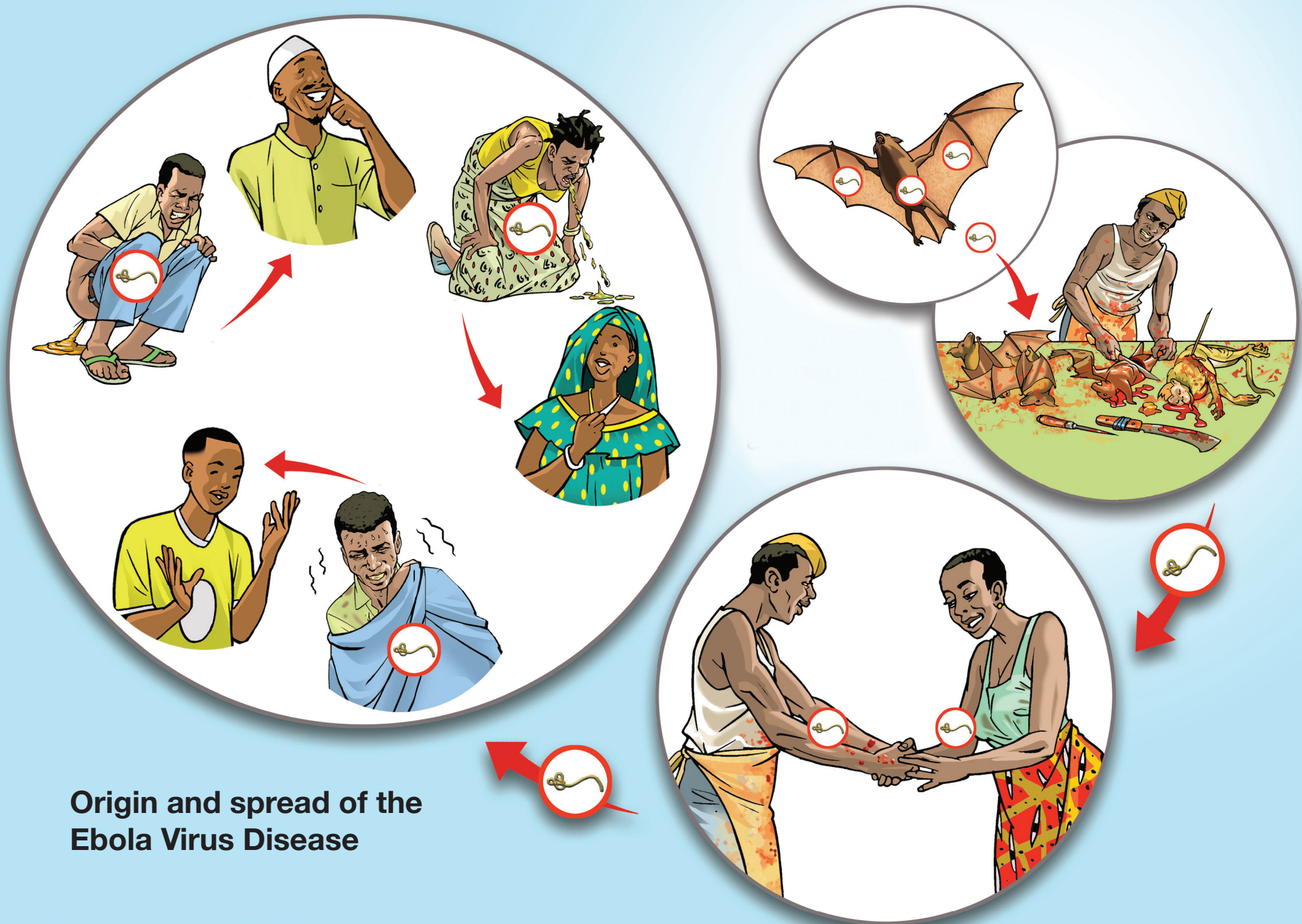
Ebola is a serious and often deadly disease



WHAT IS THE EBOLA VIRUS?

3

- A virus is a strong and dangerous agent
- Once it gets in the body, it can easily develop and multiply and can end up infecting the whole body
- If one is not careful, the Ebola virus can easily enter the body and make a person very sick, even killing that person in just a few days
- However, if we follow these key instructions/steps we can join those who have managed to avoid Ebola and those who have survived Ebola



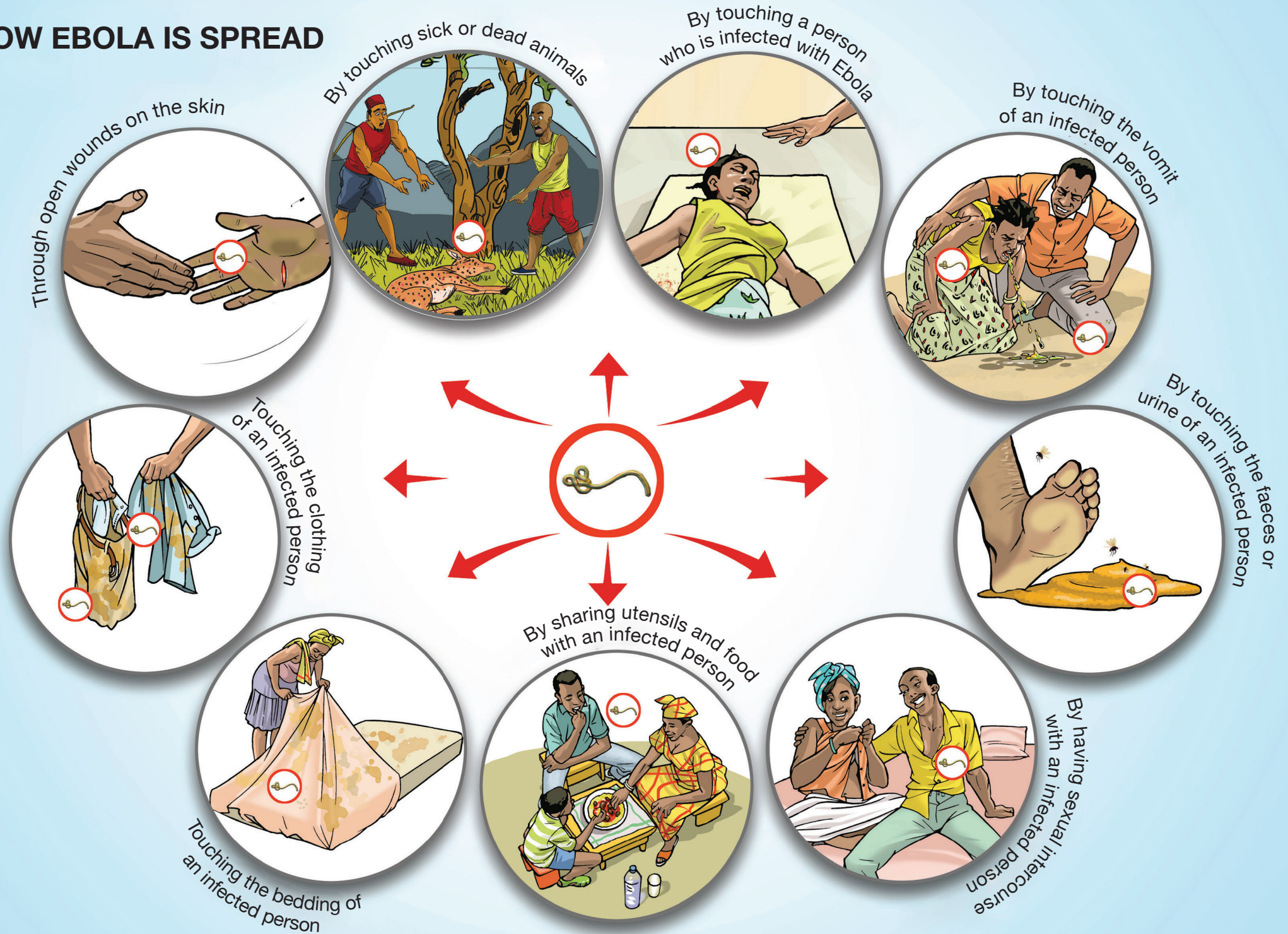
**Origin and spread of the
Ebola Virus Disease**

HOW EBOLA IS SPREAD

5

- The Ebola virus is transmitted to humans through infected bush meat such as bats and monkeys
- The Ebola virus is easily transmitted from animals to humans during hunting, slaughtering and preparation of the meat
- Once a person is infected with Ebola, the virus can easily be transmitted from one person to another
- As it multiplies, the Ebola virus becomes a great risk to all our families and communities

HOW EBOLA IS SPREAD

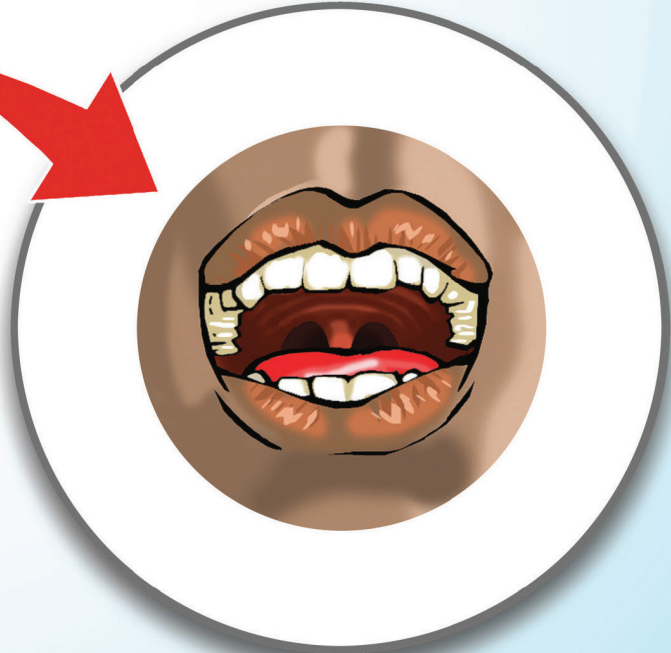
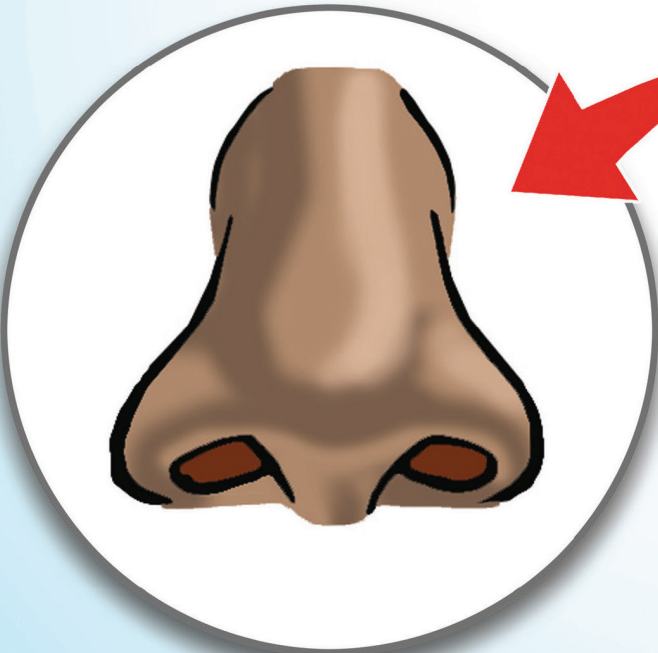
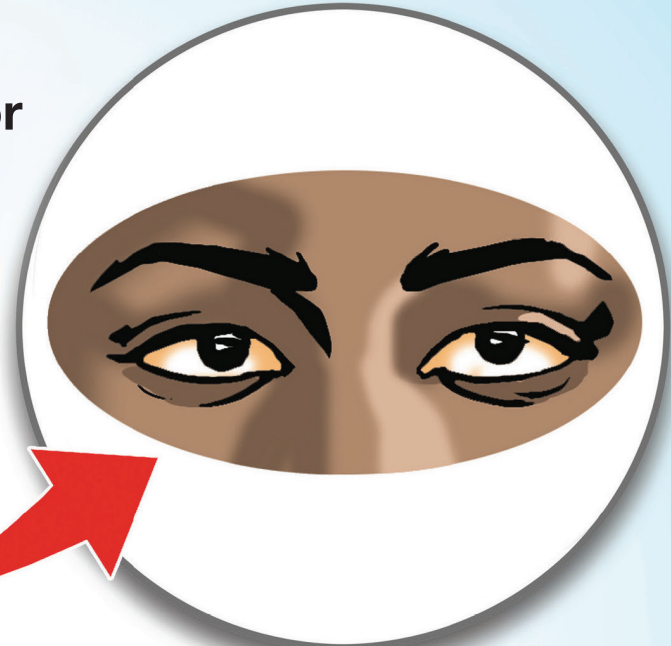


HOW EBOLA IS SPREAD

7

- Ebola is spread through direct physical contact with the body fluids of an infected person
- It is important to note that a person who is infected with Ebola is contagious once he/she has the symptoms for Ebola
- A person becomes infected when the Ebola virus has entered his/her body
- Ebola is spread:
 - a. By shaking hands with an infected person
 - b. By touching sick or dead animals
 - c. By touching a person who is infected with Ebola or has died of Ebola
 - d. By touching the vomit of an infected person
 - e. By touching the faeces or urine of an infected person
 - f. By having sexual intercourse with an infected person
 - g. By sharing utensils and food with an infected person
 - h. Touching the bedding of an infected person
 - i. Touching the clothing of an infected person

**Points of entry for
the Ebola virus**



POINTS OF ENTRY FOR THE EBOLA VIRUS

9

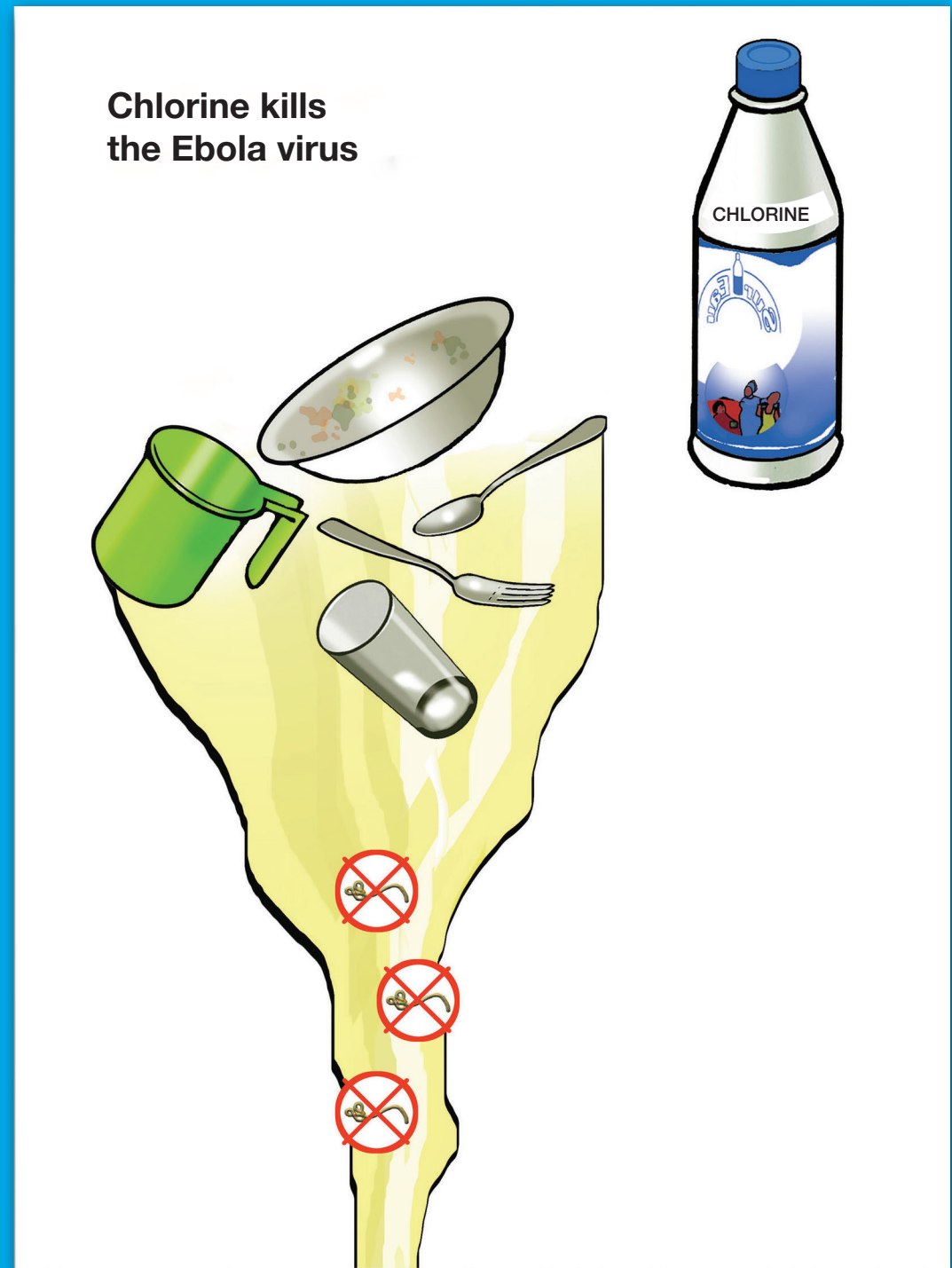
- A person can become infected with the Ebola virus through direct physical contact with body fluids of an infected person
- The most common entry points are:
 - The eyes
 - The mouth
 - The hands
 - The nose



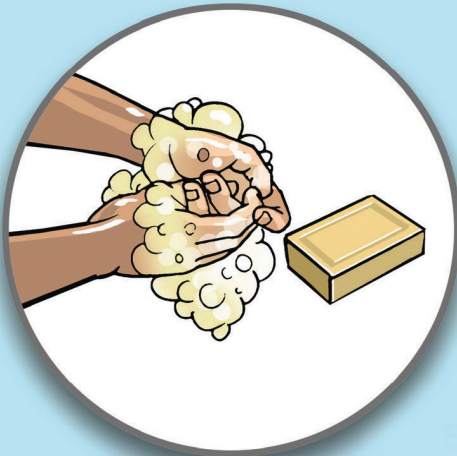
Signs and
symptoms of
Ebola



- In order to be able to react quickly and to prevent infecting loved ones, it is very important to understand what the signs and symptoms of Ebola are:
 - Sudden onset of fever
 - Headache
 - Intense body weakness
 - Muscle pain
 - Sore throat
 - Vomiting
 - Bloody diarrhoea or urine
 - Bleeding from body openings

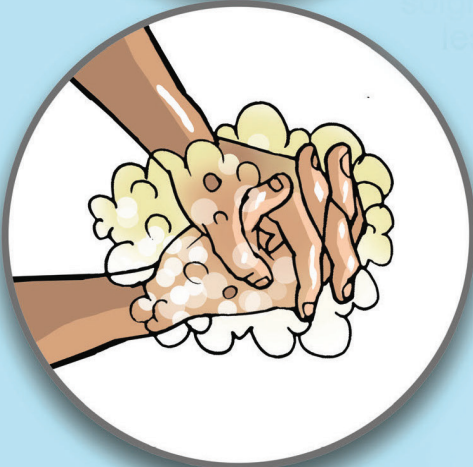


- **Left:** The Ebola virus can be easily eliminated with soap. Wash your hands regularly and thoroughly with soap and clean water after using the latrine/toilet, before preparing, serving and eating food, and before feeding children
- **Right:** Once the Ebola virus comes into contact with Chlorine, it is immediately killed

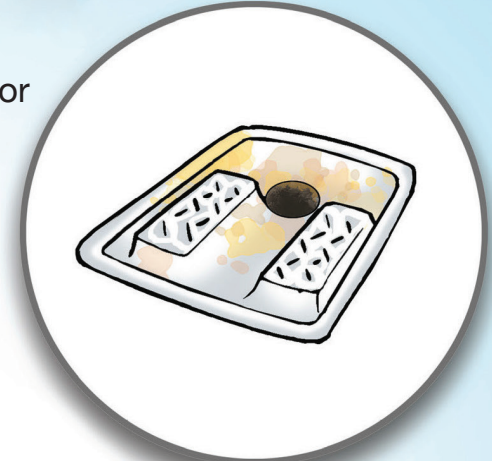


Wash your hands thoroughly with soap and clean water

Se laver soigneusement les mains



Regularly wash all utensils and clothes and keep latrines/toilets and door handles clean



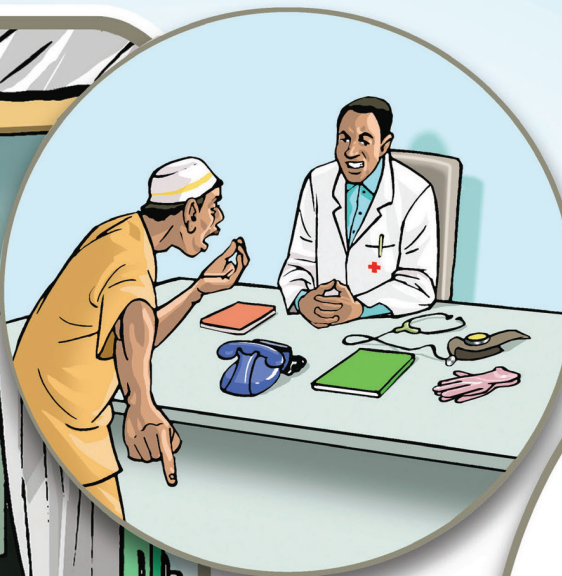
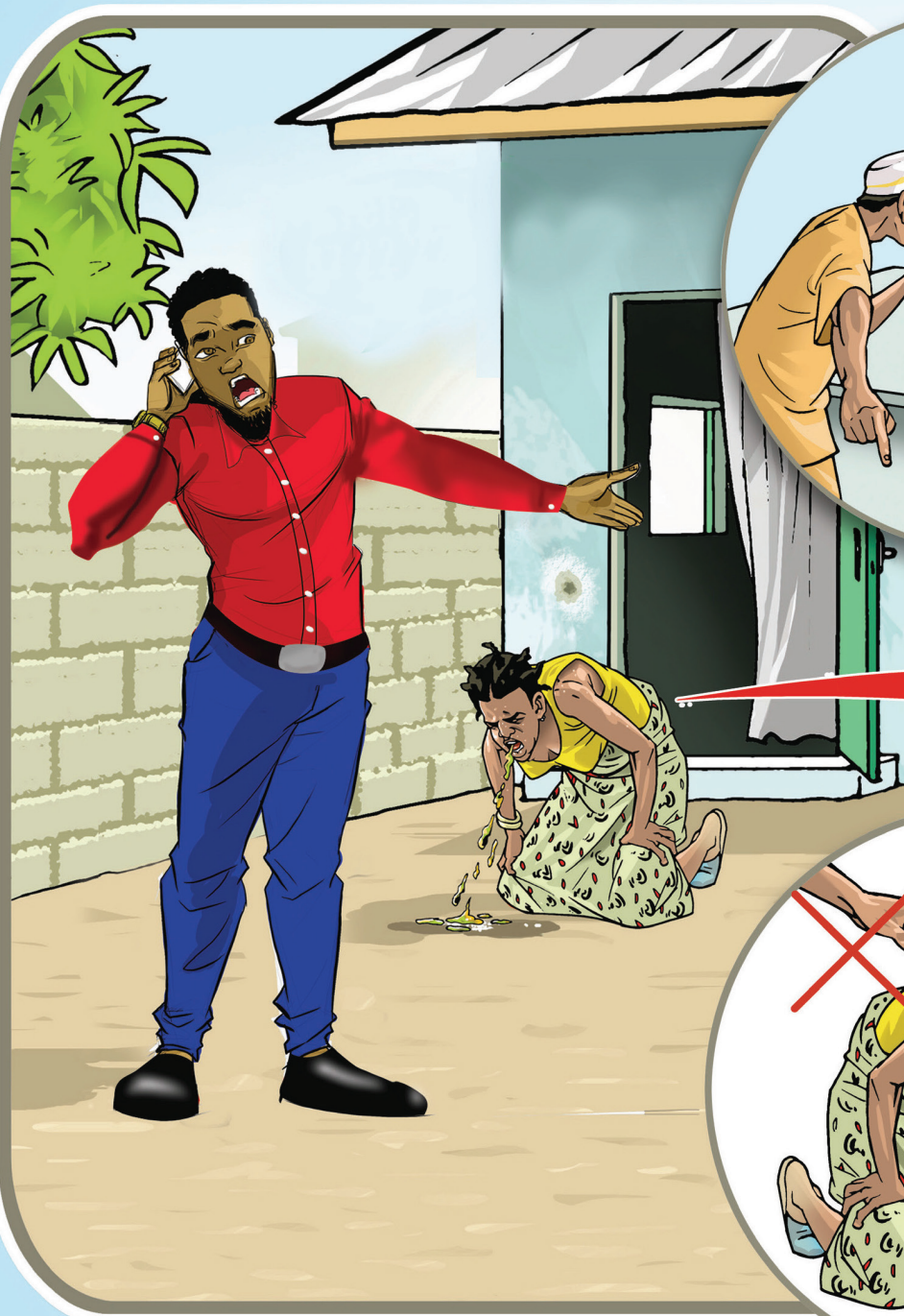
- **Left:** When washing your hands with soap and clean water, it is important to do so thoroughly in order to ensure that the Ebola virus does not get caught underneath the nails or between the fingers
- **Right:** Using soap and clean water, it is important to regularly and thoroughly clean all public spaces that people use regularly: latrines/toilets, door handles, utensils and clothes

HOW TO PREVENT THE SPREAD OF EBOLA



- With the help of a chlorinated solution, it is important to regularly and thoroughly clean all public areas that people use regularly
 - Benches, chairs and tables
 - Latrines/toilets
 - Utensils
 - Clothes

**Contacting the hospital
or health facility**



- If you suspect that someone is infected with Ebola, you must do the following immediately:
 - Call the helpline toll free on **0800 100066** and give specific details of your location and the details of the person who is sick
 - Inform the nearest relevant authorities and community leaders

Do not hide a
person who has the
signs or symptoms
of Ebola



DO NOT HIDE A PERSON WHO HAS THE SIGNS OR SYMPTOMS OF EBOLA

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- If you suspect that a person is infected with Ebola, immediately call the Ebola helpline **0800 100066** and ambulance
- As you wait for help, do the following:
 1. Isolate the sick person in a room away from other people
 2. Inform the person why he/she is being isolated in another room. If necessary, get assistance from respected leaders in your community
 3. Give the sick person a sachet of ORS in 1 litre of clean drinking water (i.e. boiled and cooled and kept in a clean container with a cover/lid)
 4. Give the sick person balanced and sufficient meals

How to avoid getting Ebola



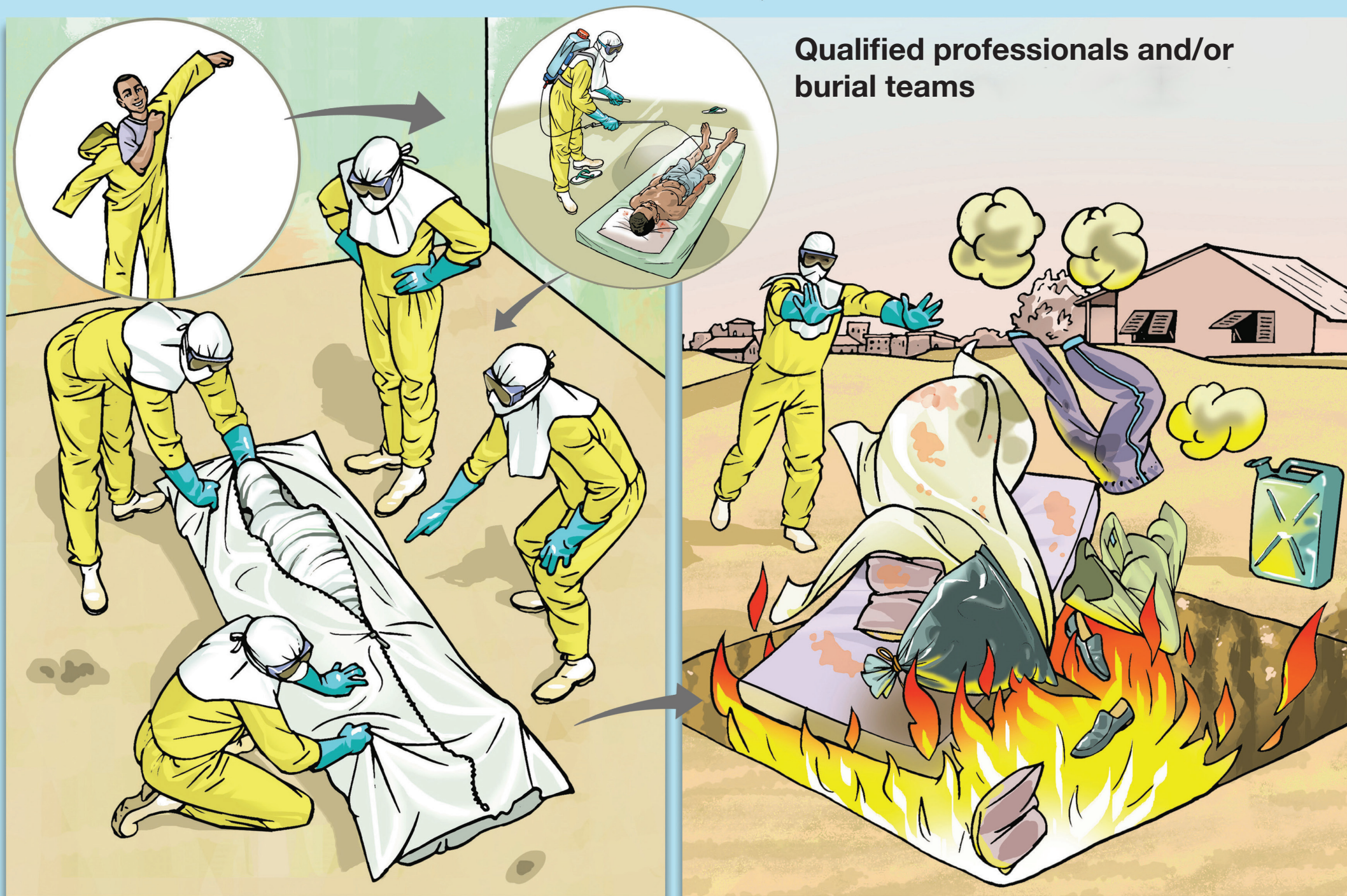
- When a person dies of Ebola, his/her body remains extremely contagious
- Do not touch the body, the bedding and the utensil. Do not hug or embrace the body

How to avoid getting Ebola



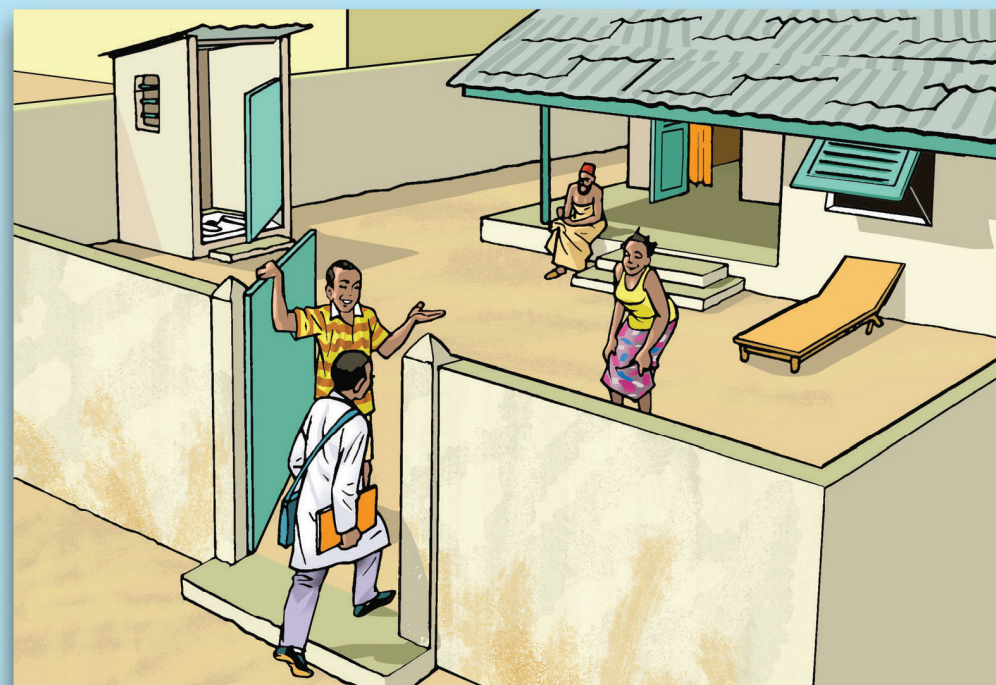
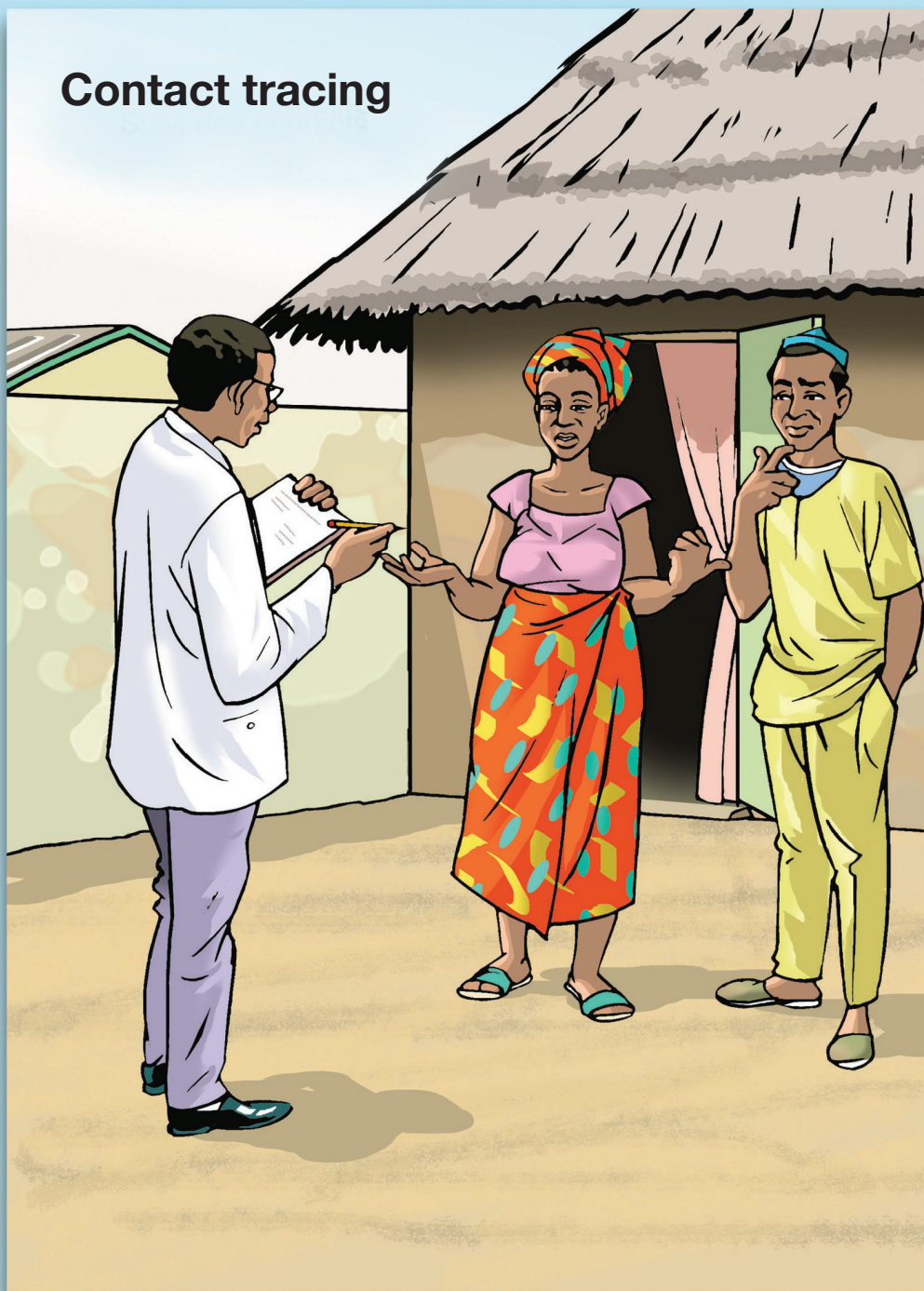
- When a person dies of Ebola, his/her body remains extremely contagious
- It is extremely important that:
 - **YOU DO NO TOUCH** the deceased's body
 - **YOU DO NOT WASH** the deceased's body
- Only qualified professionals and/or trained burial teams wearing the necessary protective gear can do this

**Qualified professionals and/or
burial teams**



- In case a person dies of Ebola, the trained burial team will come to collect the body
- In order to prevent the spread of Ebola, the members of the trained burial team will come dressed in the necessary protective gear
- The team will place the body in a body bag and will take the body to an appropriate burial site
- The team will also dispose of all the items in the deceased's room and will burn the mattress, bedding and clothes of the deceased

Contact tracing

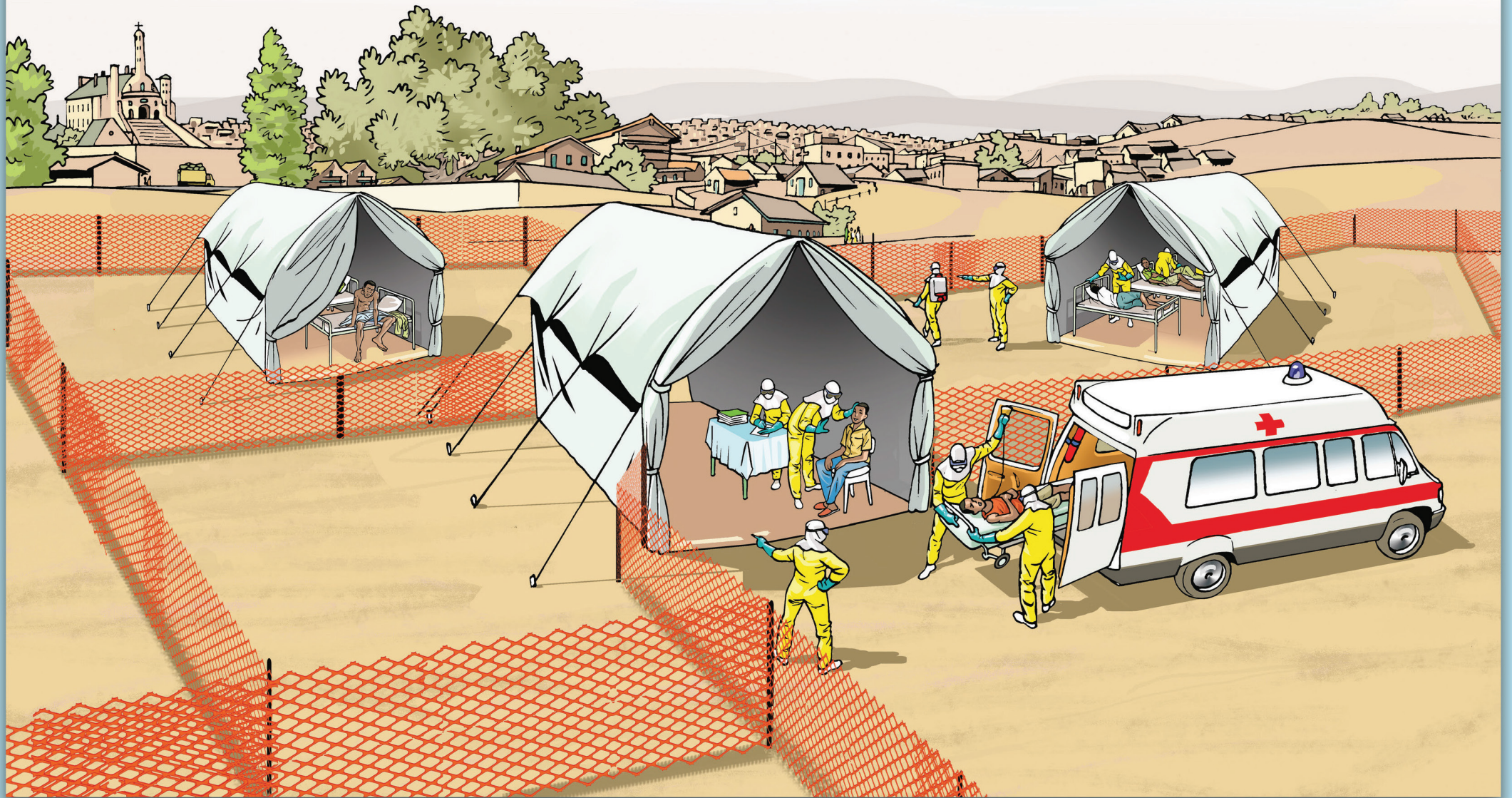


Follow up for 21 days



- The best way to stop the spread of Ebola is to identify all the persons who have lived with or have come into contact with an infected person
 - In order to ensure that family and friends are not infected, a health worker will ask you to identify and provided addresses for all the people who are considered to be contacts
 - For the next 21 days, a health worker will visit the identified persons regularly and will follow them up in order to detect if any of them develop signs and symptoms of Ebola

Ebola Treatment Unit



- If a person in your community has signs and symptoms of Ebola, but you have not yet received confirmation from health authorities or health workers that it is Ebola, you must immediately call for an ambulance.
- Health workers will come to your home to pick up the suspected patient and take him/her to an Ebola Treatment Unit where he/she will be tested for Ebola.
- If the test is positive, he/she will then be isolated and treated at the Ebola Treatment Unit (ETU). If he/she test negative, he/she will be able to return home.

Safe and dignified burials



- If a person dies of Ebola, a safe and dignified burial can take place in the presence of a religious leader without anyone going near or touching the body
- Once the burial team brings the body to the burial ground, the religious leaders must keep a safe distance because the body bag or the coffin might be contaminated
- The members of the burial team should be the only ones to handle the body