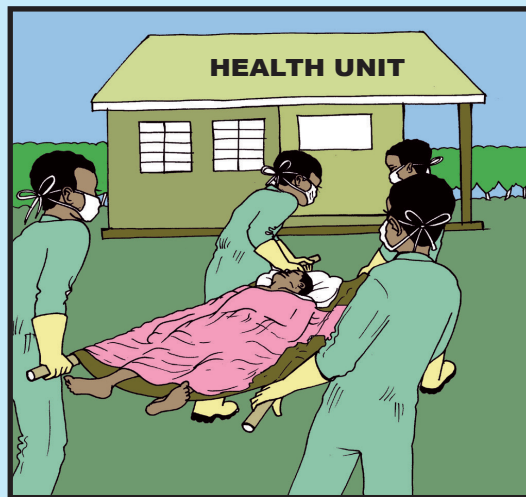


How can you protect yourself from Ebola?



- ▶ Disinfect the bedding and clothing of any person suspected to have died from Ebola with JIK.



- ▶ Persons suspected to be suffering from Ebola should be taken to the nearest health facility immediately.

- ▶ Avoid direct contact with body fluids of a person suspected to be suffering from Ebola by using protective materials e.g. gloves and masks.
- ▶ Persons handling the body of a person who is suspected to have died of Ebola should wear strong protective materials like gloves and masks.
- ▶ Avoid contact or eating bush meat especially from monkeys, bats, baboons, gorillas and chimpanzees

Report all suspected cases to the nearest health facility immediately. For further information send a **FREE SMS** to Ureport on: **8500** or call toll free on: **0800 100066**



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

Facts about EBOLA

Ebola is a serious and often deadly disease which presents with high fever and bleeding through body openings.

It is very infectious, kills in a short time BUT can be prevented.

How can you protect yourself from Ebola?

What are the signs and symptoms of Ebola?

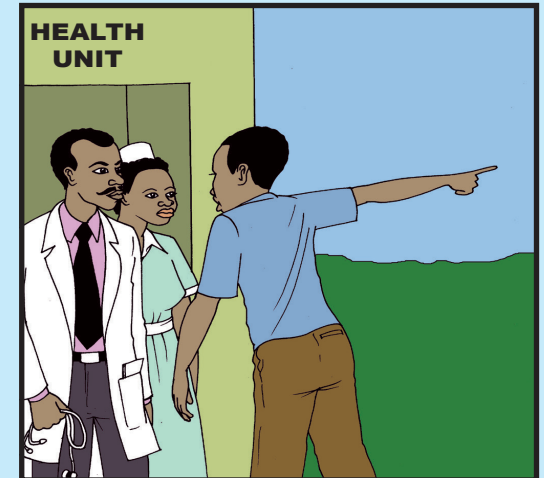
- ➔ Sudden onset of fever
- ➔ Headache
- ➔ Intense body weakness
- ➔ Muscle pain
- ➔ Sore throat
- ➔ Vomiting
- ➔ Bloody diarrhoea or urine
- ➔ Bleeding from body openings

How is Ebola spread?

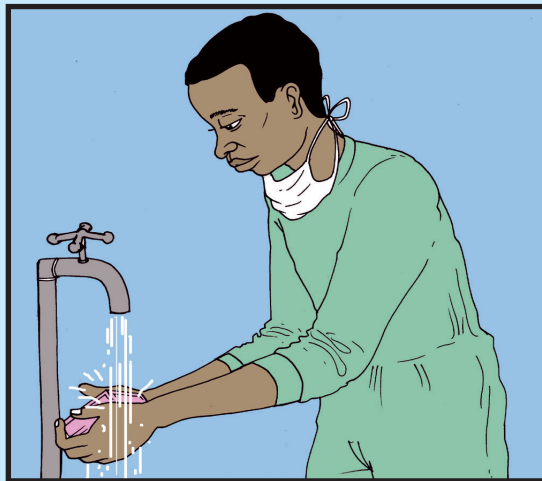
- ➔ Ebola is spread through direct physical contact with body fluids like blood, saliva, stool, vomit, urine and sweat of an infected person or animal.
- ➔ It can also be spread through using skin piercing instruments that have been used by a person infected with Ebola.
- ➔ Ebola can also be got through contact with persons or animals that have died from Ebola.



- ▶ Persons who are suspected to have died from Ebola must be buried immediately, by a trained burial team to prevent the spread of Ebola.



- ▶ Report any suspected cases of Ebola to the nearest health unit immediately.



- ▶ Wash your hands thoroughly with soap and clean water after handling a patient infected with Ebola or the body of a person who has died from Ebola.



- ▶ Avoid communal washing of hands during funeral rites.