

How can Ebola be prevented?

Always wash hands with soap after coming in contact with people.

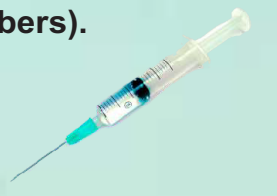


Avoid touching the body fluids of others, especially if the person is sick.

Do not touch the body of a person who has died from suspected Ebola.



Do not reuse sharp objects such as needles or razor blades (barbers).



Avoid preparing or eating bush-meat.



Do not eat fruits that have been partly eaten by bats ("batmot").



What is your role in preventing Ebola?

- Assure your own personal safety.
- Go to the nearest hospital or call 117 if you or someone you know has symptoms of Ebola. **The earlier you get help, the greater the chances of survival.**
- Educate your family.
- Address rumors quickly with facts.
- Help prevent stigma and discrimination towards survivors.
- Thank health workers.

If you suspect a case of Ebola, or need more information



FREE CALL: **117**



MINISTRY OF HEALTH & SANITATION

February 2021

EBOLA STAYING SAFE



Sierra Leone

EBOLA FACT SHEET

Introduction

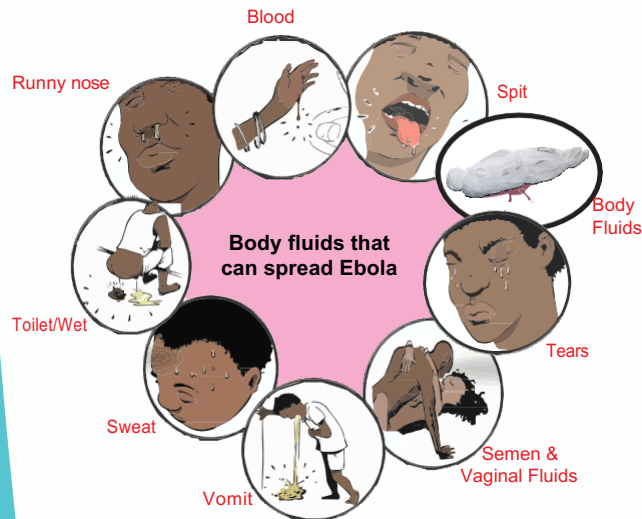
Ebola is real. It is a sickness that can be deadly without early treatment.

Ebola enters the human population when a person touches the body fluids of an animal that has the virus.

Once Ebola has spread from an animal to a person, it can spread from person to person very quickly.

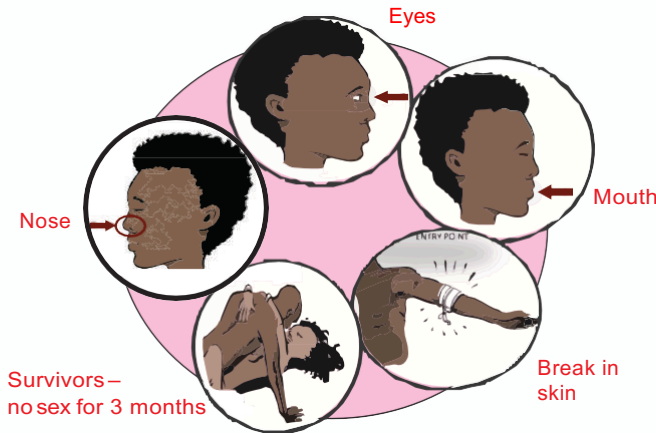
A person can only spread Ebola when they begin to have one or more symptoms of the sickness.

How is Ebola spread?



The virus is not spread through the air.

How does it enter the body?



What are the signs and symptoms of Ebola?

Ebola usually starts with a sudden high fever. **Fever is the first** and most important sign.



Fever is usually followed by:

- diarrhea
- body weakness
- headache
- body ache
- vomiting
- hiccups

Bleeding may happen from different parts of the body as sickness grows.

For better chances of survival

- Go to the nearest hospital or call 117 right away if you have fever and diarrhea, weakness, headache, or body ache.
- Call 117 if someone you know is suspected of having Ebola.

