

WHAT YOU NEED TO KNOW ABOUT EBOLA

KEY MESSAGES FOR PARENTS AND COMMUNITY MEMBERS

What you need to know about Ebola?

Know the facts about Ebola and help prevent the spread of rumours.

- ***Ebola is a serious and often deadly disease that can be spread by:***
 - Direct physical contact with blood, urine, faeces, vomit, diarrhoea, or other body fluids of a person who is sick with or who has died from Ebola
 - Touching objects that have been contaminated with the body fluids of a sick person (like bandages, mattresses, clothes or utensils)
 - Using skin piercing instruments that have been used by a person infected with Ebola
 - Contact with or eating bush meat such as monkeys, chimpanzees, gorillas, chimpanzees, baboons and bats
- A person can only spread Ebola when he or she is infected with the Ebola virus
- Early treatment improves the chances of surviving Ebola
- Someone who has survived Ebola is not contagious through any type of casual contact and would not be able to spread the virus to people through school or community activities

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

Ebola symptoms can look like other diseases that spread from person to person. Most illnesses and fevers will be caused by something other than Ebola.

Body fluids that can transmit Ebola

- Blood, saliva, tears, urine, faeces, vomit, mucus from the nose, semen, and breast milk. Any of these body fluids may carry the Ebola virus.
- Avoid touching body fluids from another person.

How your school is keeping your child safe?

Schools are taking key steps to protect the health and safety of students, teachers, and staff. This includes:

- No teacher or student can come to school if he or she is sick or has symptoms of Ebola.
- If a teacher or student gets sick at school, the school will put him or her in a separate room until he or she gets help from a health worker.
- The school being cleaned and disinfected daily.
- Everyone is encouraged to wash his or her hands with soap and clean water regularly
- Students are discouraged from touching one another and from sharing cups, eating utensils and food

What you can do to help make your schools safe and healthy?

- Keep your child at home if he /she feels sick.
- Ask for medical help from the nearest health facility or VHT, if you or your child has any Ebola symptoms including sudden onset of fever, severe headache, intense body weakness, muscle pain, sore throat, vomiting, bloody diarrhoea or urine, bleeding from body openings
- Stay informed and up to date with key messages and information on Ebola from your child's school

What you can do to keep your child safe and healthy?

- Keep your child at home if he or she is sick and shows the following symptoms such as sudden onset of fever, headache, sweating and vomiting
- If you or your child has any Ebola symptoms, contact a health worker or VHT immediately and inform the school administration.
- Make sure your child is washing his or her hands with soap and clean water before and after eating and after using the latrine/toilet
- Tell your child not to share cups, eating utensils, food or drinks with other children
- Tell your child to tell a teacher if he or she feels sick
- Your child should sleep under and insecticide treated net (ITN) every night to help prevent Malaria

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

TOGETHER WE CAN PREVENT THE SPREAD OF EBOLA