

# WHAT YOU NEED TO KNOW ABOUT EBOLA

## KEY MESSAGES FOR STUDENTS AND OTHER CHILDREN

Children and young people have an important role to play in helping prevent Ebola.

### Facts about Ebola

- ***Ebola is a serious and often deadly disease that can 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

### 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. Therefore, it is very important to quickly look for medical help or report to your teacher or parents when you or any of your friends develop these symptoms.

### What you should do

- Tell your parents, family, or caregiver if you feel sick, and stay home if you are sick

- Share what you learn about preventing Ebola with your family and friends and especially with younger children
- Always wash your hands with soap and clean water before and after eating, after using the latrine/toilet, when arriving at school before entering the classroom, after play breaks, after touching a person's tears, mucus from the nose, saliva, blood, sweat, urine, faeces or vomit
- Do not share cups, eating utensils, food or drinks with other children or chew on pencils or other objects
- Use kind words to comfort sick people but remember not to touch them until you know that they do not have Ebola
- Follow your teacher's instructions on staying healthy
- Ask your teachers if you have questions about Ebola

### What you can tell other students

- Do not tease anyone about Ebola
- Stay home if you are sick with the following symptoms sudden onset of fever, headache, vomiting, sweating, and general body weakness and seek treatment immediately
- Do not touch people who are sick or who have died
- Encourage fellow students to wash their hands with soap and clean water before and after eating, after using the latrine/toilet, when arriving at school before entering the classroom, after play breaks, after touching tears, mucus from the nose, saliva, blood, sweat, urine, faeces or vomit
- Ask your teachers if you have questions about Ebola

**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**