PROTECT YOURSELF,
PROTECT YOUR FAMILY
PROTECT YOUR COMMUNITY

from the deadly Ebola virus

Let’s stop the spread of Ebola together
Facts about Ebola

What is Ebola?
- A severe disease in humans and animals which spreads fast
- It is can spread easily and kill in a short time
- Signs and symptoms usually start at once within 2 to 21 days of infection.
- There is no treatment for Ebola, but health clinics can give you treatment for the symptoms

How does Ebola spread?
- Ebola does not spread through air or water
- You have to have direct contact with the blood, saliva, urine, stool, sweat, semen of an infected person or infected animal.
- People who are most at risk are health workers and family and friends of the infected person. Also people who eat bush meat or in contact with wild animals can also get Ebola.
- Ebola can even spread from dead bodies of people or animals that were infected.
What are the symptoms of Ebola Virus Disease?

**Early signs and symptoms:**
- Fever
- Severe headache
- Joint and muscle pain
- Sore throat
- Chills (feeling cold)

**Over time, symptoms become more severe and may include:**
- Feel sick in stomach and vomiting
- Diarrhea (may be bloody)
- Red eyes running water
- Rash (red bumps on the body)
- Chest pain and cough
- Stomach pain
- Severe weight loss
- Hiccups
- Bleeding from the nose, mouth, rectum, eyes and ears

**Abortion (miscarriage) and heavy vaginal bleeding are other signs in pregnant women.**
What to do if you are showing these signs and symptoms?

IF YOU HAVE HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH

1. Stay where you are

- Don’t put your family & community in danger
- Don’t go around others
- Drink plenty water to keep fever down until you get help
What to do if you are showing **signs and symptoms**?

**IF YOU HAVE** HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH

2. **Get Help from a Health Worker**

Call your health worker

0886 520 581, 0886549805
or 0886530260

If you do not have a phone
go to the nearest health clinic
What to do if you are showing **signs and symptoms**?

**IF YOU HAVE** **HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH**

3. **Cooperate with health workers**

People who care for you must wear gloves, rubber boots, masks, coats & goggles.

Listen to health workers—they know best how to help you.

They will give you medicine to help you.
What to do if you are showing signs and symptoms?

IF YOU HAVE HEAD ACHE, FEVER, VOMIT, PAIN, DIARRHEA, RED EYES AND RASH

4. Call for help and Questions

0886 520 581
0886 549 805
0886 530 260
How to protect *yourself*, your *family* and your *community*?

**DO THESE THINGS TO STOP THE SPREAD**

- Wash your hands with soap and clean water
- Cook your food good
How to protect yourself, your family and your community?

DO THESE THINGS TO STOP THE SPREAD

Go to health clinic if you have initial symptoms fever, vomit, pain, diarrhea, red eyes and rash.
How to protect **yourself**, your **family** and your **community**?

**DO THESE THINGS TO STOP THE SPREAD**

- Tell everyone you meet about Ebola so they are informed

- Call for help or questions
  - 0886 520 581
  - 0886 549 805
  - 0886 530 260
How to protect *yourself*, your *family* and your *community*?

**DO NOT DO THESE THINGS**

- Do not touch people you think have Ebola.
- Do not touch clothes & bed cloths of people you think have Ebola.
How to protect *yourself*, your *family* and your *community*?

**DO NOT DO THESE THINGS**

- Do not touch vomit, saliva, urine, blood and poo from people you think have Ebola.
How to protect *yourself*, your *family* and your *community*?

**DO NOT DO THESE THINGS**

- Do not play with monkeys and baboons
- Do not eat or touch bush meat
- Do not eat plums eaten by bats
Tell everyone you meet about Ebola so they are informed

Call for help or questions
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