Know more about the disease

1. The incubation period or the time interval from infection with the virus to onset of symptoms is 2 to 21 days

2. Ebola is spread through contact with bodily fluids:
   - Vomit
   - Saliva
   - Blood
   - Faeces
   - Urine

3. Common symptoms are:
   - Headache
   - Sudden high fever
   - Extreme tiredness
   - Vomiting
   - Loss of appetite
   - Diarrhoea
   - Body pain
   - Very weak
   - Extremely impaired
   - Uncontrollable bleeding

Suspected case:
- Fever
- No response to treatment
- Bleeding

Know the travel history of any suspected case
Make sure that you have been trained on the proper use of personal protective equipment (PPE)

Properly dispose of or disinfect the PPE after use
Health care workers treating suspected cases should be wearing full PPE

Tourists and regular travellers are at higher risk only when they come into direct contact with a person who is sick with Ebola