

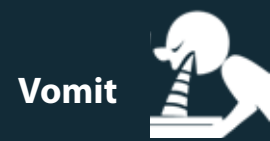
EBOLA

you can protect yourself, your family and your community

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 transmitted through direct contact with:



3. Common symptoms are:



Headache



Sudden high fever



Extreme tiredness



Vomiting



Loss of appetite



Diarrhoea



Body pain

Be vigilant



Know the flight origin or travel history of symptomatic passengers in transit

Inform



Health authorities should be immediately informed of any suspected cases

Advise

Travellers from affected countries should be advised on what they should do if they develop symptoms



At arrival of destination, travellers should be asked to complete a health declaration form

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