**EBOLA**

you can protect yourself, your family and your community

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**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:
   - Vomit
   - Saliva
   - Blood
   - Faeces
   - Urine

3. Common symptoms are:
   - Headache
   - Sudden high fever
   - Extreme tiredness
   - Vomiting
   - Loss of appetite
   - Diarrhoea
   - Body pain

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**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