you can protect yourself, your family and your community
Common modes of transmission

Direct contact with:
- Blood
- Urine and faeces
- Vomit
- Other body fluids

Common symptoms
- Sudden high fever
- Vomiting
- Bleeding
- Diarrhoea

Prevention

Do
- Wash your hands frequently with soap and water
- The body of a person with Ebola should only be handled by people who are trained on safe burial practices
- Seek prompt medical attention if you have Ebola symptoms

Don’t
- Don’t touch people with signs of Ebola
- Don’t touch people who have died from Ebola

You cannot get Ebola by talking to people, walking in the street or by shopping in the market.