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
- 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