

EBOLA

you can protect yourself, your family and your community

Know more about the disease

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

2. Ebola is transmitted through direct contact with:

Vomit



Saliva



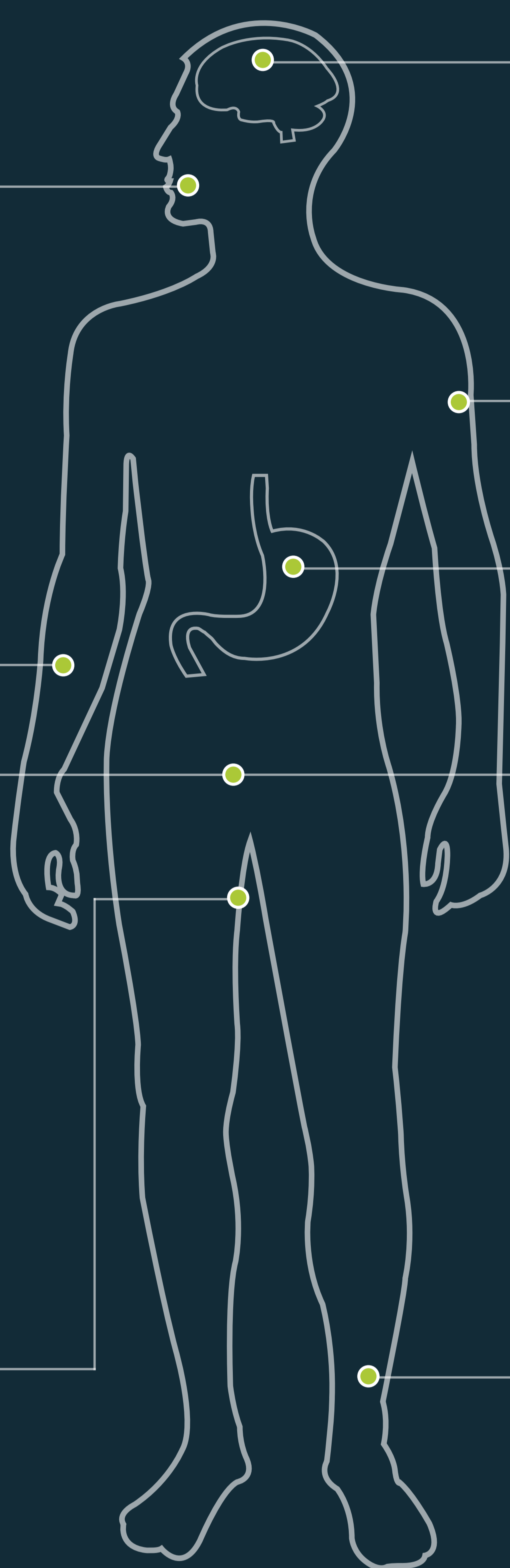
Blood



Faeces



Urine



3. Common symptoms are:



Headache



Sudden high fever



Extreme tiredness



Vomiting



Loss of appetite



Diarrhoea



Body pain

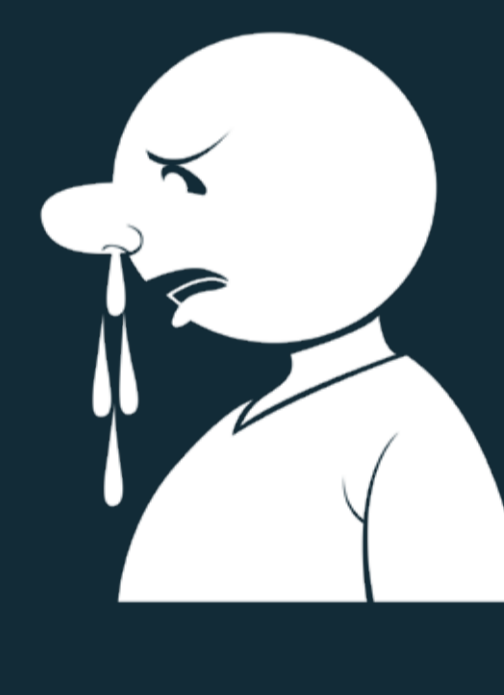
Suspected case:



fever



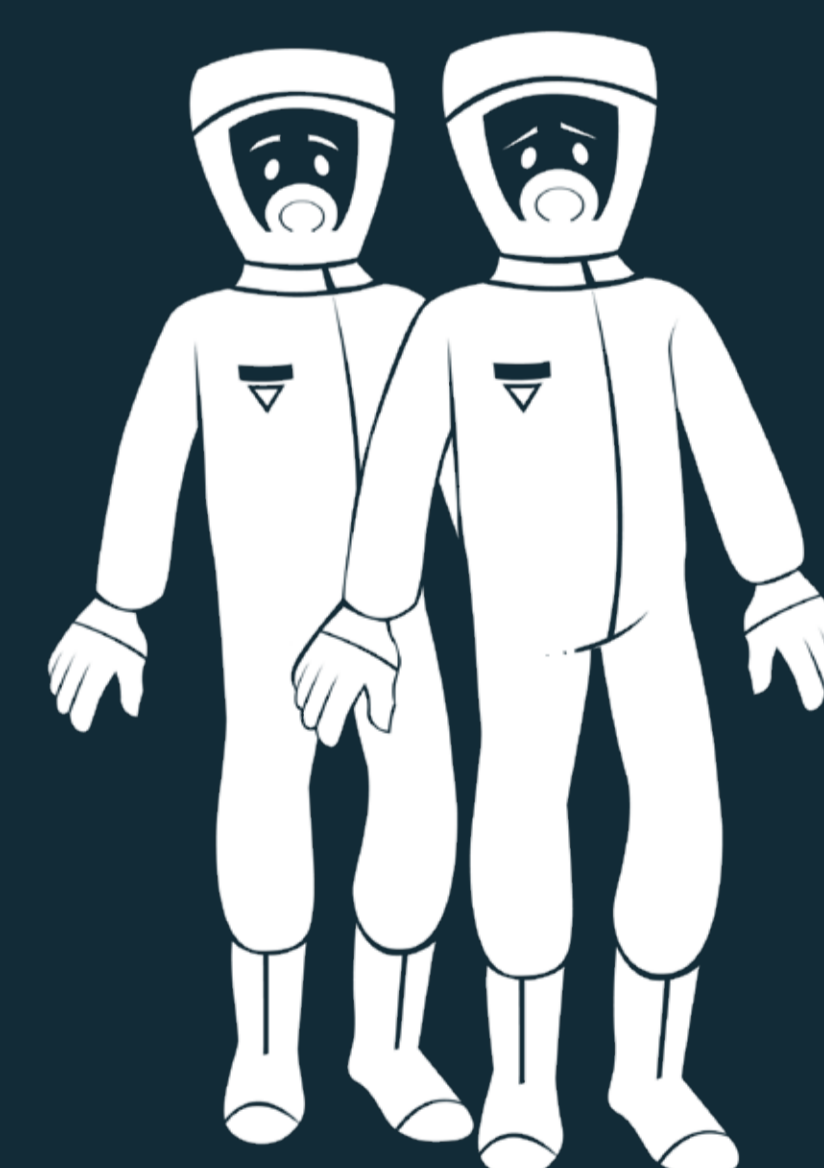
no response to treatment



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

