

# 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



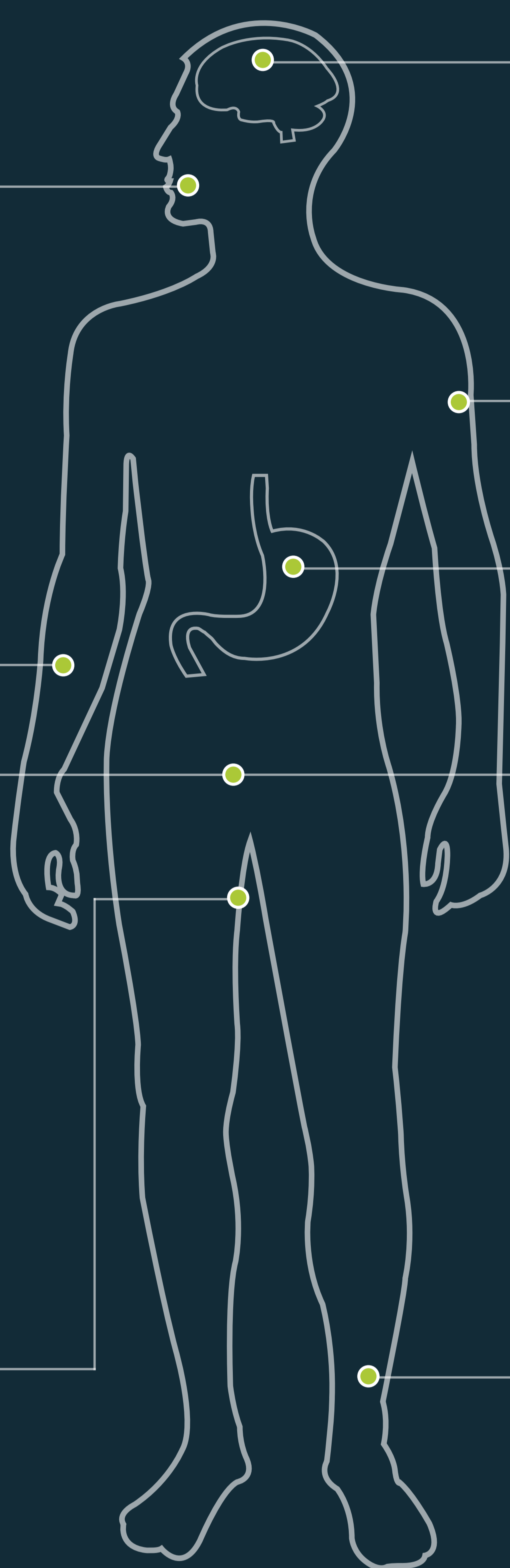
Blood



Faeces



Urine



3. Common symptoms are:



Headache



Sudden high fever



Extreme tiredness



Vomiting



Loss of appetite



Diarrhoea



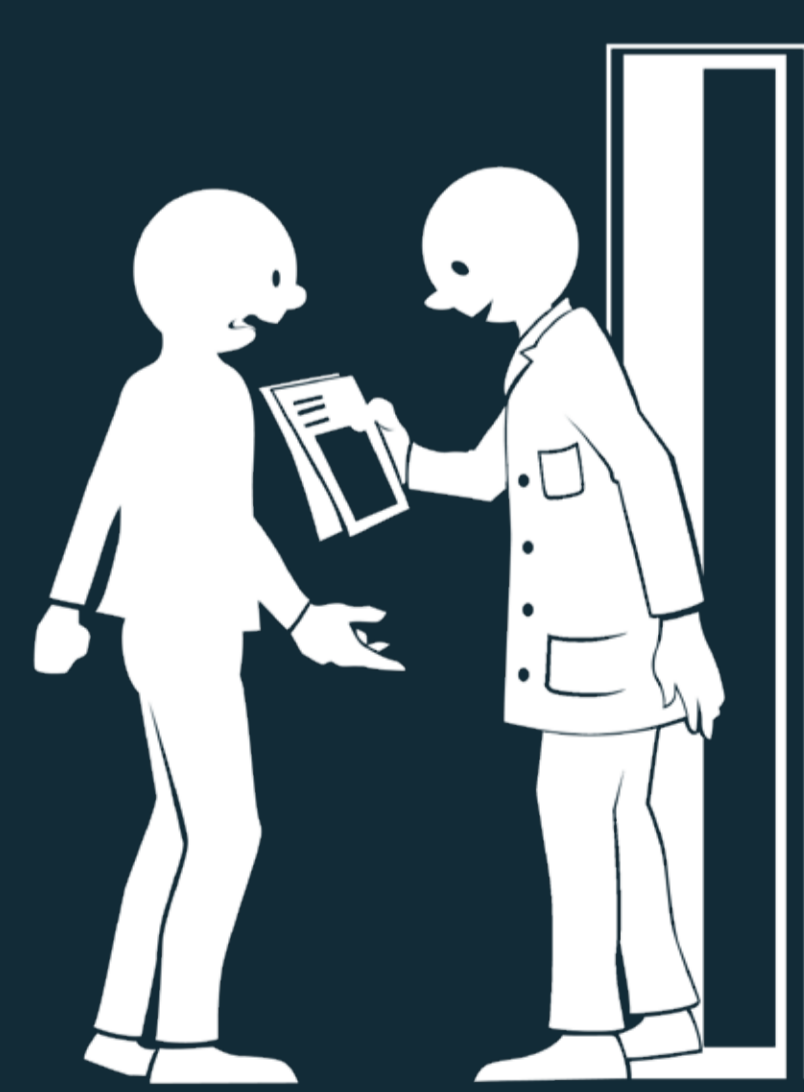
Body pain

## Be vigilant



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

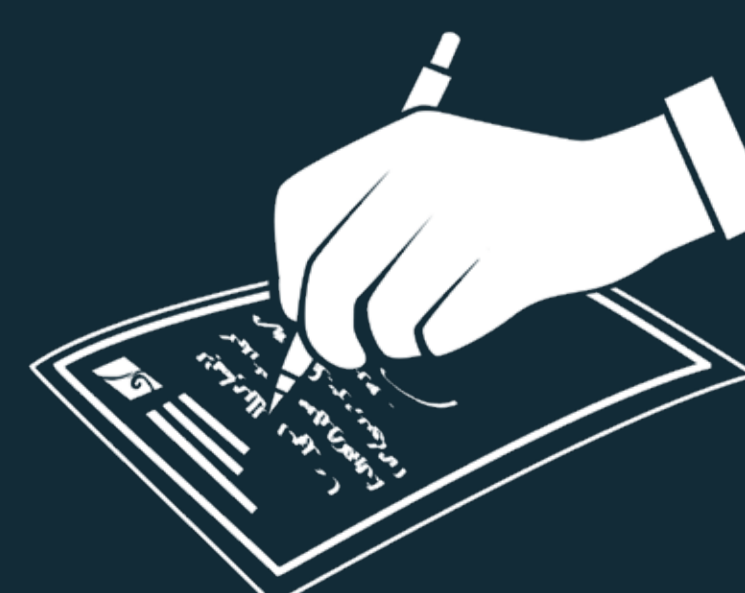
## Inform



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**

