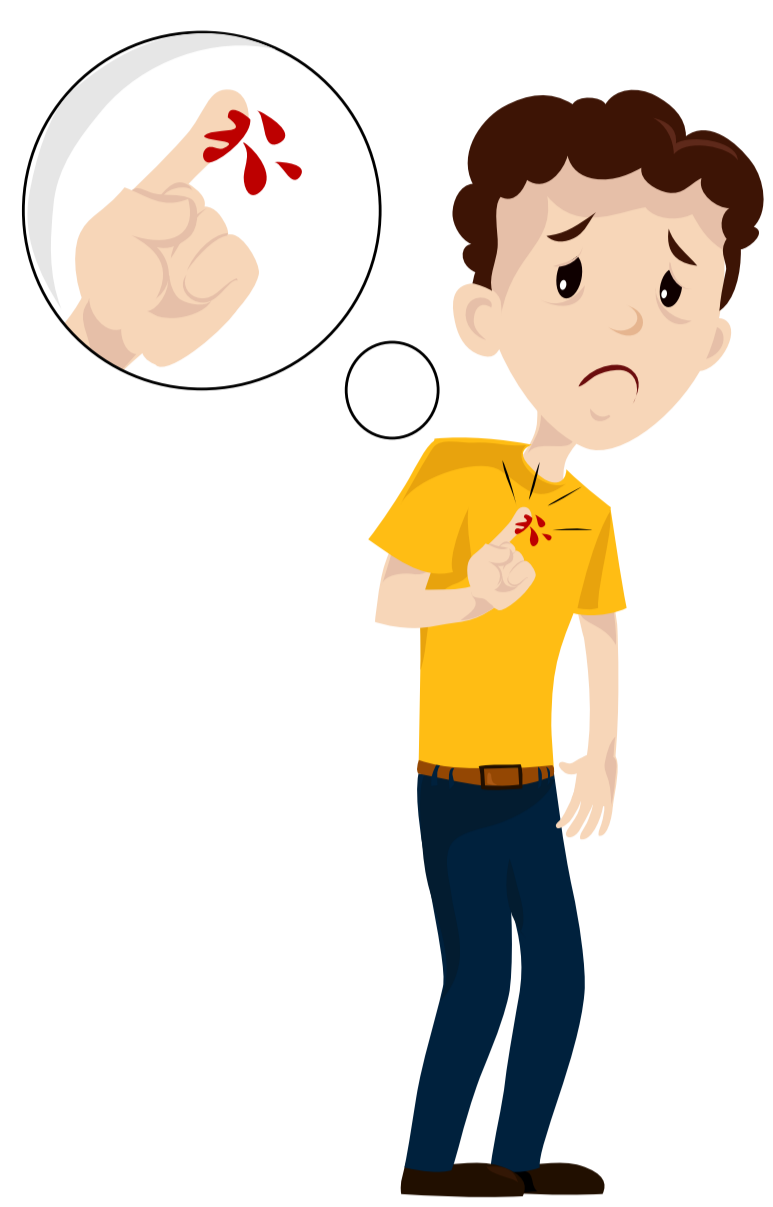


# Ebola

you can protect yourself, your family and your community

## Common modes of transmission

Direct contact with:



Blood



Urine and faeces



Vomit



Other body fluids

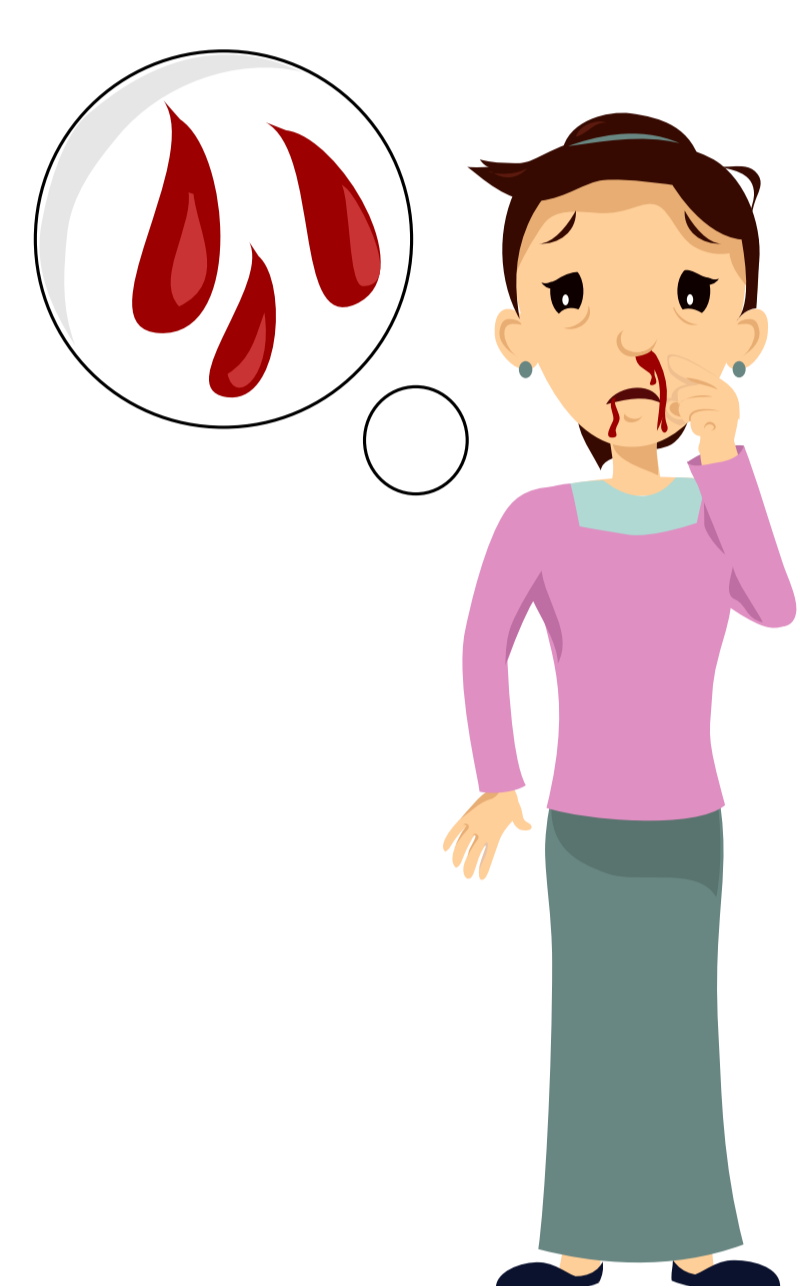
## Common symptoms



Sudden high fever



Vomiting



Bleeding



Diarrhoea

## Prevention

### While travelling



Alert airlines about a fellow traveller who has Ebola symptoms



If you develop a fever and Ebola symptoms yourself promptly inform airline personnel

### At airports and at destinations



Avoid direct physical contact with anyone who is displaying the symptoms of Ebola



Do not touch the body of a person who has died from Ebola



Use alcohol rub throughout the day. When hands are visibly dirty wash with soap and water



Seek prompt medical attention if you have Ebola symptoms

**Tourists and regular travellers are at higher risk only when they come into direct contact with a person who is sick with Ebola**

