**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