STOP Ebola. Don't Spread It!

Ebola disease is deadly but can be curtailed and subsequently phased out. Having the right knowledge and taking responsibility can help achieve this.

What you need to know?

- Ebola is not as contagious as more common viruses like colds, influenza, or measles
- It spreads to people by contact with the skin or bodily fluids of an infected animal, like a monkey, chimp, or fruit bat and then moves from person to person the same way
- You could get Ebola through direct contact with the blood and or secretions of an infected person especially within families
- You could get Ebola through eating or handling of the carcass of infected animals
- Those who care for a sick person or bury someone who has died from the disease often get it.
- You could also get it by touching contaminated needles or reuse of unsterilized needles in hospital.
- A person who has Ebola but has no symptoms can't spread the disease
- Non implementation of universal precautions could expose you to Ebola

Symptoms of Ebola

Early on, Ebola can feel like the flu or other illnesses. Symptoms show up 2 to 21 days after infection and usually include:

- High fever
- Headache
- Joint and muscle aches
- Sore throat
- Weakness
- Stomach pain
- Lack of appetite
- Bloody Diarrhea
- Bleeding from the eyes, ears, nose and mouth

Why should a person diagnosed of Ebola be isolated from the public immediately?

- To stop further spread of the disease
- To gradually phase out the disease and prevent an epidemic
- To give the person a chance of survival

Your responsibility

- Don't stigmatize symptomatic people
- Encourage symptomatic people to seek medical help at designated care centres.
- Maintain personal hygiene at all time
- Ensure you wash your hands under flowing water with soap and disinfectants
- As much as possible, avoid physical contact.
- If you love your family, don't hide your loved ones if they are symptomatic call **0800-EBOLA-HELP** for immediate medical response or contact the nearest ministry of health care centre.