Ebola Awareness

Toolbox Talk
March 2014

Disclaimer: This awareness talk has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.
Ebola is caused by a virus.

- Causes a severe illness, with bleeding
- Up to 90% will die
- No vaccine, and no treatment are available
- Many people can quickly become infected
EBOLA
HOW DOES IT SPREAD?

Sick people can spread this disease to others

- People in direct contact with sick people are at highest risk:
  - Family members
  - Healthcare workers

Dead bodies can also spread the disease. BE CAREFUL

- DO NOT wash, touch or kiss dead bodies
- DO NOT wash hands in the same bucket as other who have touched the body
What does Ebola feel like?
EBOLA

EARLY SYMPTOMS

Symptoms can start within **two days** of contact with an infected person or body

- **FEVER**
- **TIREDNESS**
- **HEADACHE**
- **NAUSEA**
EBOLA

LATER SYMPTOMS

VOMITING
May contain blood

DIARRHOEA
May contain blood

COUGH
May contain blood

BLEEDING
(mostly from nose and mouth)
EBOLA

LATER SYMPTOMS

YOU CAN BECOME VERY SICK
MOST PEOPLE WITH EBOLA DIE
EBOLA PREVENTION

How **NOT** to catch Ebola?
EBOLA
DON'T CATCH IT!

YOU CAN CATCH EBOLA FROM SOMEONE WHO IS SICK OR DEAD

KEEP AWAY........
EBOLA
DON’T TOUCH!
Do not touch an infected person or their body fluids

BLOOD
VOMIT
FAECES OR DIARRHOEA
EBOLA
DON’T TOUCH!

Do not touch an infected person or their body fluids

BODY FLUIDS

URINE
EBOLA
DON’T TOUCH!

Dead bodies carry the virus. Bury carefully. Keep away.
EBOLA PREVENTION

WASH YOUR HANDS OFTEN
Use SOAP
EBOLA is in animals and bats too. DO NOT touch or eat "bush meat" and don’t eat bats.
If you get sick
If you develop these symptoms...

**EBOLA**

**WHAT TO DO**

- **Fever**
- **Tiredness**
- **Headache**
- **Nausea**
- **Vomiting**
- **Diarrhoea**
- **Cough**
- **Bleeding** (mostly from nose and mouth)

May contain blood
EBOLA
WHAT TO DO

Call your medical centre and tell them about your illness

Listen to the advice. You may be sent to a special hospital

Keep away from others so they don’t get sick

Be especially careful of your vomit and diarrhoea