



# Ebola Virus Disease (EVD)

Ebola is a serious and often deadly disease

## Signs and symptoms of Ebola

Ebola causes sudden high fever, extreme tiredness, headache, body pain and loss of appetite. This is followed by vomiting, diarrhoea, a rash, damaged kidney and liver and internal and external bleeding.

## How does Ebola spread?

Ebola enters your body through your mouth, nose and eyes, or a break in the skin. To catch Ebola, you must touch the bodily fluids of a person with Ebola and then with dirty hands touch your eyes, nose or mouth. Bodily fluids include sweat, stools, vomit, urine, semen, vaginal fluid and blood.

**A person who has died from Ebola is still highly infectious and should not be touched. Once a person has recovered from Ebola they will never get it again.**

**Remember:** Ebola is not an airborne virus. You cannot get Ebola by talking to people, walking in the street or shopping in malls or markets.

## How can you protect yourself from Ebola?

- Do not touch a sick person with suspected Ebola
- Do not touch the soiled clothes, towels and bed linens or any bodily fluids of a sick person with suspected Ebola
- During an Ebola outbreak, do not touch any people if it is not necessary
- If you are a health worker or are involved in burying bodies you should wear protective clothing when you handle patients and dead bodies
- Do not have unprotected sex
- Wash your hands with soap and water often

## What is the treatment for Ebola?

There is currently no approved treatment or vaccine for Ebola. People suffering from Ebola are treated for their symptoms.

## What can you do to control the spread of Ebola?

If you or someone you know have been in contact with someone with Ebola and have the symptoms, contact your nearest health facility immediately.