

Ebola--Be Careful if you contact any one from West Africa and such other infected areas:

- 1) Ebola is caused by a virus
- 2) No vaccine is available to treat it.
- 3) Causes severe illness with bleeding.
- 4) Highly contagious
- 5) Up to 90 % of the infected die.
- 6) Sick people can spread the disease to others.
- 7) Family members and health care workers are the high risk victims
- 8) Even contact with dead bodies can cause infection.
- 9) do not touch dead bodies or wash or kiss dead bodies.
- 10) Do not wash hands in the same bucket if others have touched it.

Symptoms of Ebola:

Early symptoms include fever, nausea, head ache, Tiredness,

Late Symptoms
vomiting, diarrhea, Coughing, bleeding etc.

Prevention if possible:

- 1) Wash hands using soap regularly.
- 2) Do not touch an infected person including blood, vomit, feces or urine.
- 3) Do not touch or eat bush meat and do not eat bats.
- 4) Call for medical help and tell them about the illness.
- 5) May be sent to a spl hospital assigned for this outbreak only.
- 6) Keep away from others so that they do not get sick.
- 7) Be very careful about vomit and diarrhea.

