

How can you protect yourself from Ebola?



- ▶ Disinfect the beddings and clothings of an infected person with JIK.



- ▶ Persons suspected to be suffering from Ebola should be taken to the nearest health unit immediately.

- ▶ Avoid direct contact with body fluids of a person suffering from Ebola by using protective materials like gloves and masks.
- ▶ Persons handling the body of a person who has died of Ebola should wear strong protective materials like gloves and Masks.
- ▶ Avoid eating dead animals especially monkeys

Report all suspected cases to the nearest health facility immediately. For further information send a **FREE SMS** to Ureport on: **8500** or call toll free on: **0800 100066**



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

Facts about EBOLA

Ebola is a killer disease which presents with high fever and bleeding through body openings.

It is very infectious, kills in a short time BUT can be prevented.



World Health Organization



unicef
for every child

How can you protect yourself from Ebola?

What are the signs and symptoms of Ebola?

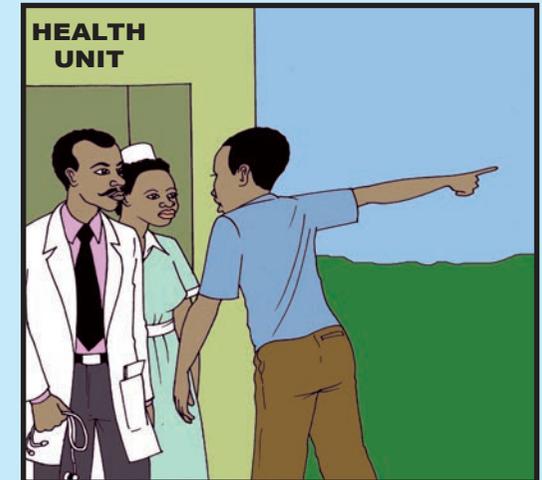
- Headache
- Bleeding through the body openings, i.e. eyes, nose, gums, ears, anus and private parts.
- Vomiting blood
- Joint and muscle pain
- Reduced urine.

How is Ebola spread?

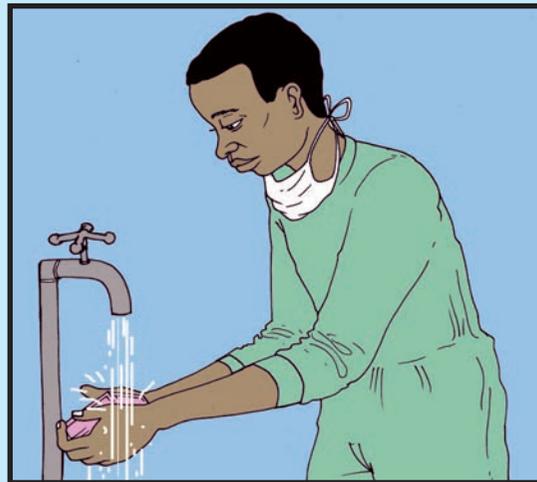
- Ebola is spread through direct physical contact with body fluids like blood, saliva, stool, vomit, urine and sweat of an infected person.
- It can also be spread through using skin piercing instruments that have been used by an infected person.
- Ebola can also be got through contact with persons who have died of Ebola.



- ▶ Persons who have died of Ebola must be buried immediately, by a trained burial team to prevent the spread of the disease.



- ▶ Report any suspected cases of Ebola to the nearest health unit immediately.



- ▶ Wash your hands with soap and water after handling the patient or the body of a person who has died of Ebola.



- ▶ Avoid communal washing of hands during funeral rites.