





# Ebola Awareness

## Toolbox Talk

March 2014

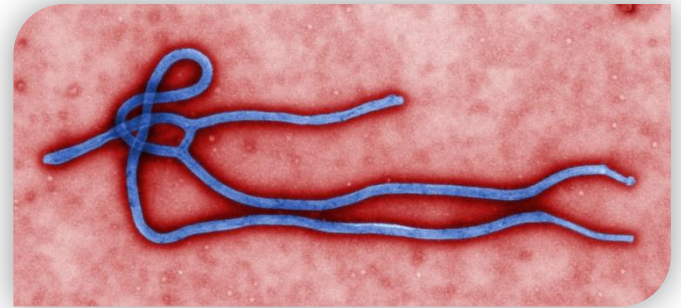
Disclaimer: This awareness talk has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.





# EBOLA

## WHAT IS IT?



**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



# EBOLA SYMPTOMS

What does Ebola  
feel like?



# EBOLA

## EARLY SYMPTOMS



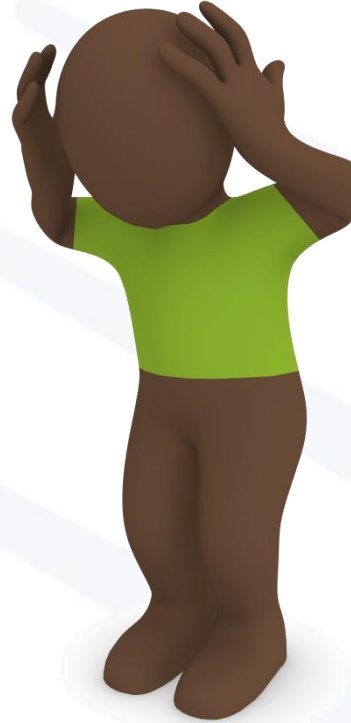
Symptoms can start within **two days** of contact with an infected person or body



FEVER



TIREDNESS



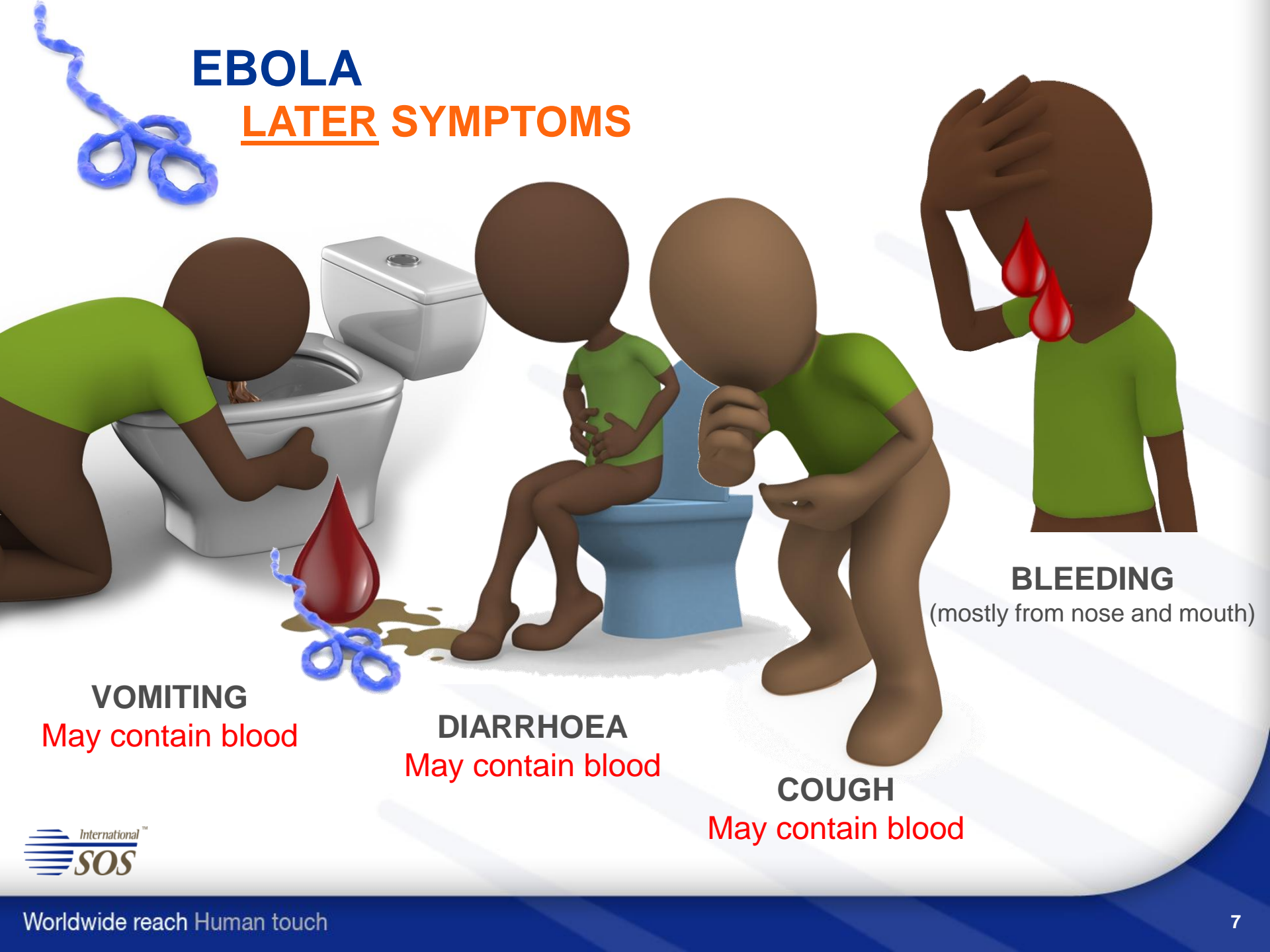
HEADACHE



NAUSEA

# EBOLA

## LATER SYMPTOMS



**VOMITING**

May contain blood

**DIARRHOEA**

May contain blood

**COUGH**

May contain blood

**BLEEDING**

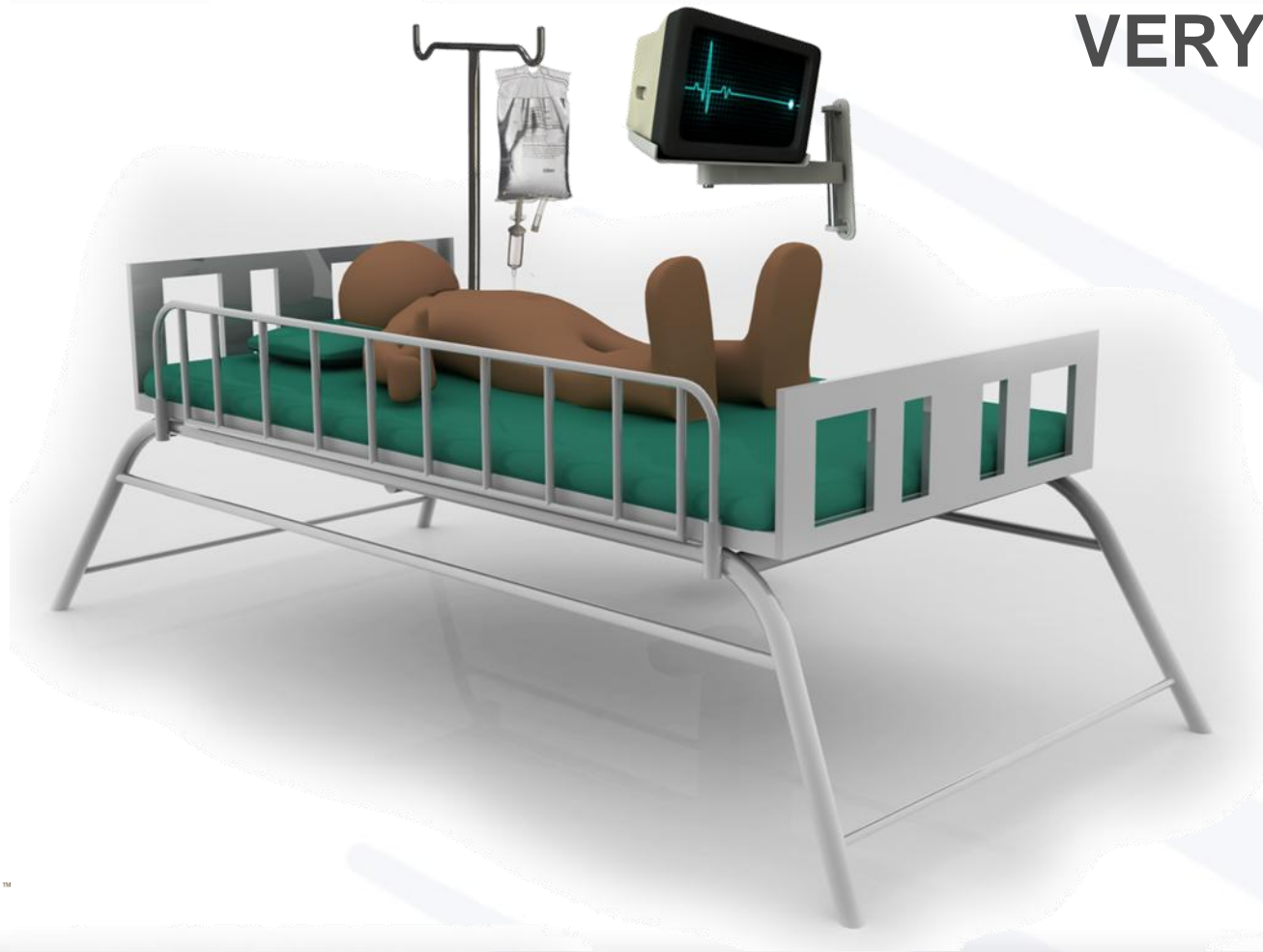
(mostly from nose and mouth)

# EBOLA

## LATER SYMPTOMS



YOU CAN  
BECOME  
VERY SICK







# EBOLA

## DEATH IS COMMON

**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**

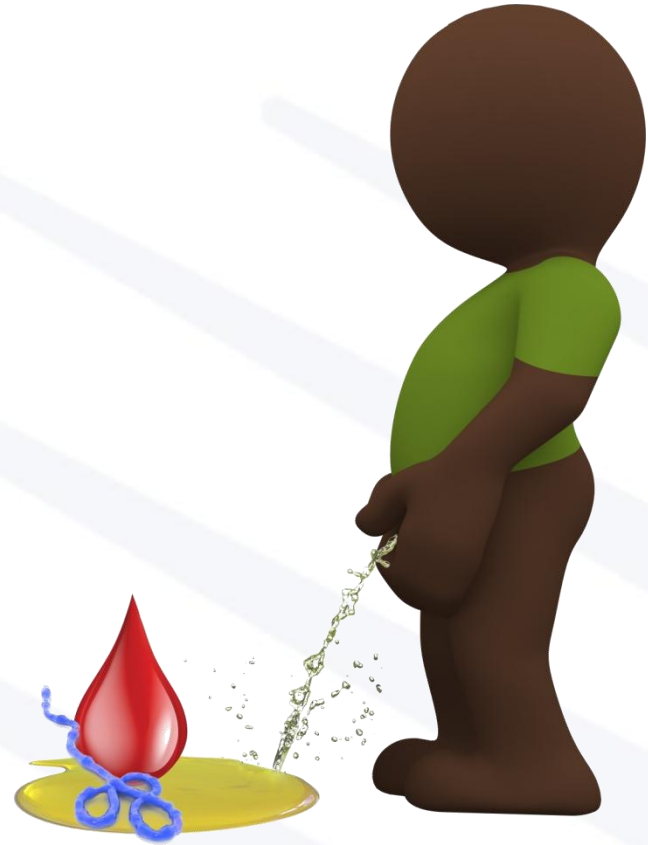
# EBOLA

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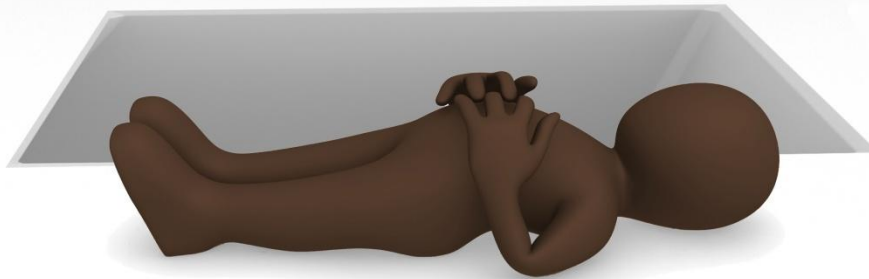
BODY FLUIDS



URINE

# EBOLA

## DON'T TOUCH!



**DEAD BODY**

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

# EBOLA PREVENTION



WASH YOUR HANDS OFTEN  
Use SOAP





# EBOLA

## PREVENTION



**EBOLA is in animals and bats too.  
DO NOT touch or eat "bush meat"  
and don't eat bats.**







# EBOLA

## WHAT TO DO!

If you get sick



# EBOLA

## WHAT TO DO

If you develop these symptoms...



**FEVER**



**TIREDNESS**



**HEADACHE**



**NAUSEA**



**VOMITING**

May contain blood



**DIARRHOEA**

May contain blood



**COUGH**

May contain blood



**BLEEDING**

(mostly from nose and mouth)

# 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**