

Steps to Protect from Ebola While You Wait for Help



Remember Three Things



No touch



Isolate the sick person



Call for help

If You Think Someone Has Ebola, Call for Help



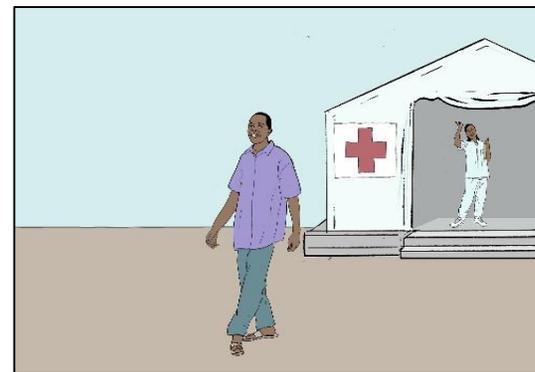
Call for help getting
the sick person to a
care facility



Wait for an ambulance.
DO NOT take a taxi or
motorbike



The sick person will get the best
care and medicine at the facility



Early care at the facility can help
the sick person survive Ebola

Signs and Symptoms of Ebola



Fever that starts quickly



Feeling tired



Headache



Pain in the body



Vomiting

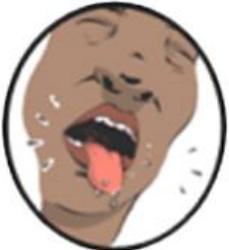


Diarrhea



**Unexplained bleeding
or bruising**

Body fluids



spit



sweat



vomit



tears



poo and pee



snot



blood



semen

How Do People Get Ebola?

Ebola is spread by contact with blood or body fluids from a person who is sick or who has died.

Someone who has died



Things a sick person has touched



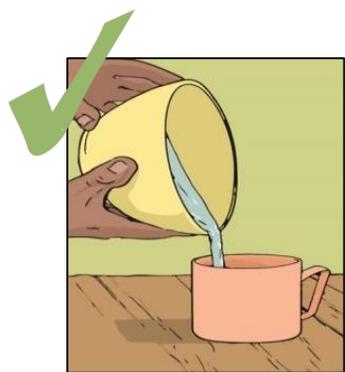
While You Wait, Give “No Touch Care”



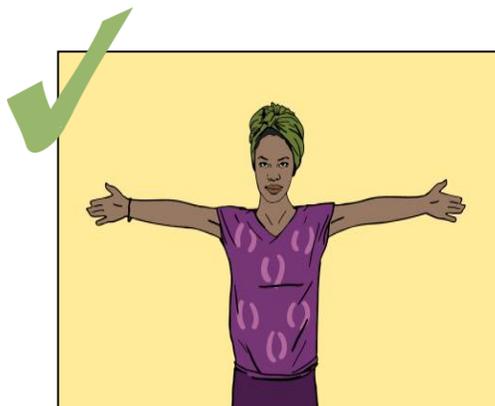
DO choose one person to help the sick person



DO separate the sick person. Give the sick person their own clothes, blankets, eating utensils and waste container



DO pour fluids or put food onto the sick person’s cup or plate without touching, lifting, or moving it



DO keep everyone at least a meter (an arm’s length) away from the sick person

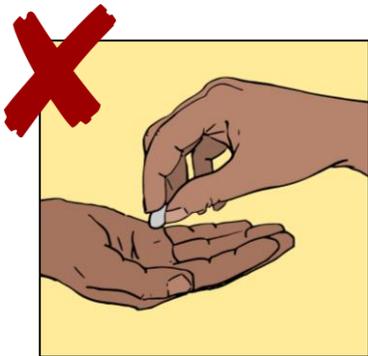
While You Wait, Do Not Touch



DO NOT touch a person who has died. Call for help



DO NOT touch the sick person's things



DO NOT put pills in the sick person's hand or mouth



DO NOT face the sick person. Stay to the side or behind them

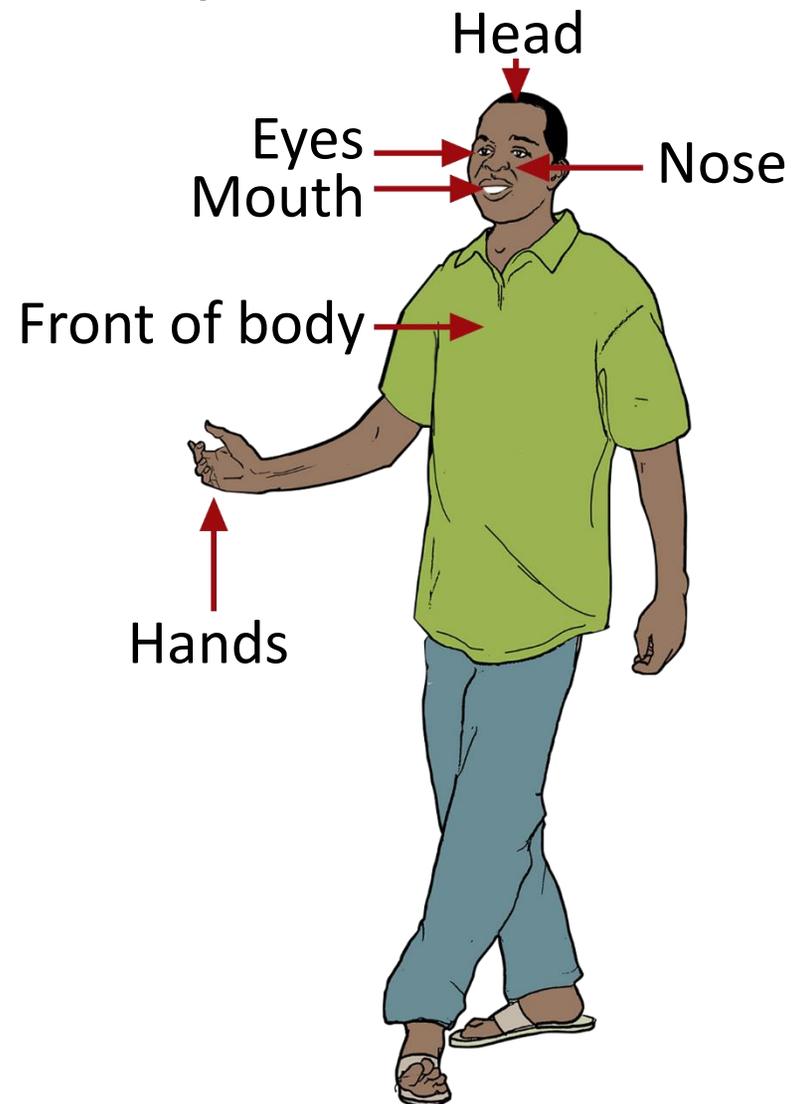
If You Must Touch, Cover Yourself



If you must touch the sick person, their body fluids, or items the sick person has touched, be sure to protect yourself.

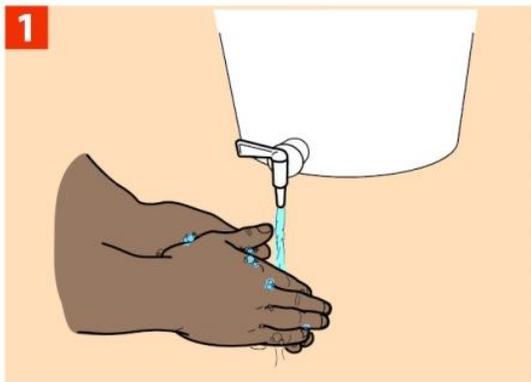
- **Important: Always remove and dispose of used gloves. Do not reuse gloves.**

It is important to cover:

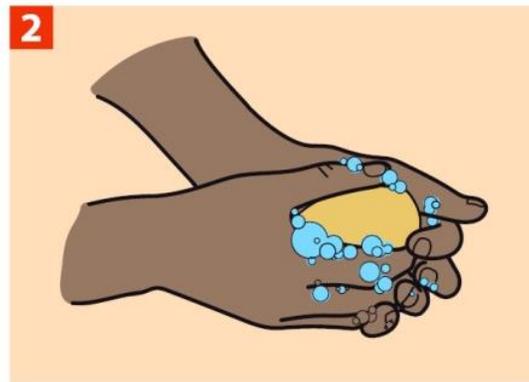


How To Wash Your Hands

- Wash your hands with soap and water for 20-30 seconds.
- If soap and water are not available, use hand sanitizer or chlorinated water.
- **If your hands are visibly dirty**, use soap and water to wash your hands for 40-60 seconds (hand sanitizers will not work for this).



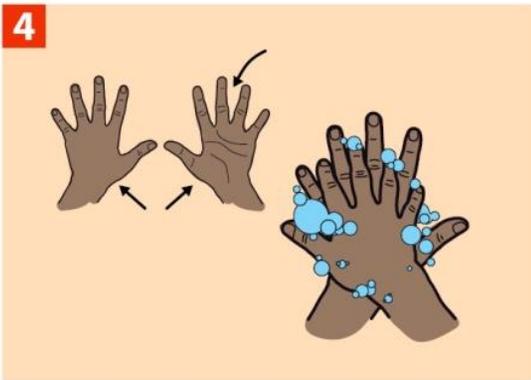
Wet hands with water.



Apply enough soap to cover all hand surfaces.



Rub hands together and scrub everywhere.



Wash the front and back of your hands and in between your fingers.



Rinse hands with water.



Dry hands completely using a single use towel or air dry.

Wash Your Hands with Soap and Water

After



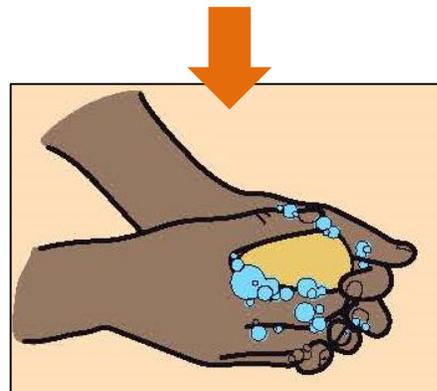
Helping a sick person, **before** you leave their area



Cleaning



Using the latrine



Giving Oral Rehydration Solution (ORS) Saves Lives

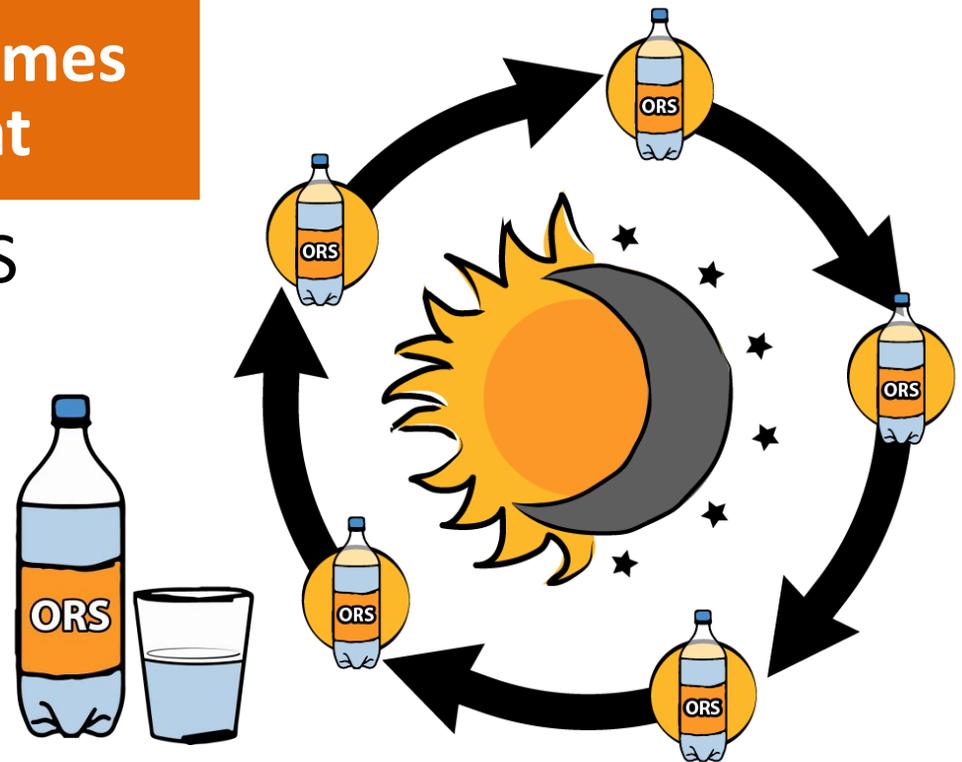
- Give ORS as soon as Ebola symptoms start

- **ORS should be given many times throughout the day and night**

- Give sick people as much ORS as they will drink

- If you need to feed someone ORS, wear gloves and do not touch the sick person or their things
- Stay to the side and do not face the sick person
- If they're small or weak, you might need to feed them the ORS with a spoon
- Sick adults may need 5-12 liters of ORS a day

- Stop ORS if vomiting and diarrhea stop



Making and Storing ORS



Mix 1 ORS packet with 1 liter of clean water



Pour the ORS into the sick person's cup **without touching** the cup

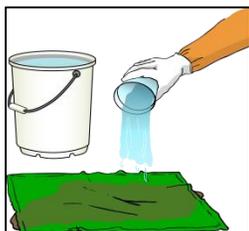
- Store ORS in a covered container
- Throw away unused ORS at the end of each day

If You Must Clean Up: How to Clean Body Fluids and Waste

Steps for Cleaning and Disinfecting Body Fluids



1. Cover your skin, especially your hands. Wear gloves if you have them.



2. Lay a dry towel over the mess.

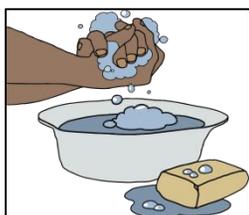
3. Pour strong (5%) chlorine solution onto the towel.



4. Wipe up the mess with the wet towel.



5. Using a **different towel**, disinfect the area with chlorine solution. Wait 15 minutes.



6. **Wash covered (gloved) hands with chlorine solution**, then wash bare hands with soap and water. Be careful not to splash. Be sure to move slowly.

How to get rid of waste



If you must remove it yourself, burn it.

Remember Three Things



No touch



Isolate the sick person



Call for help