



# PREVENT THE NEXT EBOLA OUTBREAK

**The next Ebola outbreak could start at any time. We must remain vigilant.**

We don't know where the virus comes from, but scientists think fruit bats might be potential hosts.

Ebola virus is found in body fluids: blood, urine, feces, vomit, tears, saliva, sweat, breastmilk, semen, vaginal secretions, and amniotic fluid.

Ebola is spread through direct contact with the body fluids of someone who is sick with or has died from Ebola virus disease or contact with objects contaminated by these fluids (example: clothing and bedsheets).

The virus can live in semen for several years (>2) after recovery from Ebola. The virus can stay in breastmilk for several months after recovery.

If you know the symptoms of Ebola and how it spreads, you can:

**Think of Ebola** if you have a patient with symptoms,

**Ask Your Patients** the right questions to quickly identify those who may have Ebola, and

**Act Quickly** to prevent the next outbreak.

**Your vigilance can help protect your patients and your community!**

**1** Think of Ebola

**2** Ask Your Patients

**3** Act Quickly

# 1 THINK OF EBOLA

## Think of Ebola if:

- Your patient has a fever and bleeding.
- Your patient develops unexplained bleeding and dies.

You see a cluster of severely ill patients in the same family or social group.

## Because...

40% of patients have bleeding. Few other diseases cause bleeding.

Ebola is very contagious. People in the same social group can become sick.



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# 2 ASK YOUR PATIENTS

Ask about risk factors for Ebola virus disease by remembering how Ebola virus spreads.

Are you a hunter? Do you work in the mines? Have you touched or handled raw meat from a wild animal in the last 21 days?

## In the past 21 days:

- Have you been in contact with the blood or body fluids of a person who has been sick or who has died?
- Have you touched a dead body or taken part in burial practices where a body was touched?
- Have you had contact with the clothing, bedding, or belongings of someone who is sick or has died?

## If a baby is sick, ask the mother:

Have you been treated and recovered from an Ebola infection in the past?

Have you had sex with anyone who has survived an Ebola infection?

# 3 ACT QUICKLY

Act quickly to prevent the spread of Ebola.

- Immediately isolate any patient suspected to have Ebola.
- Report any suspect Ebola patient to the public health authorities.

For suspect Ebola patients who have died:

- Do not touch the body.
- Close off the area to ensure nobody comes in contact with the body.
- Explain to the family that the body cannot be released for traditional burial because it could still be very contagious.
- Do not re-use any objects that were in contact with the body.

