

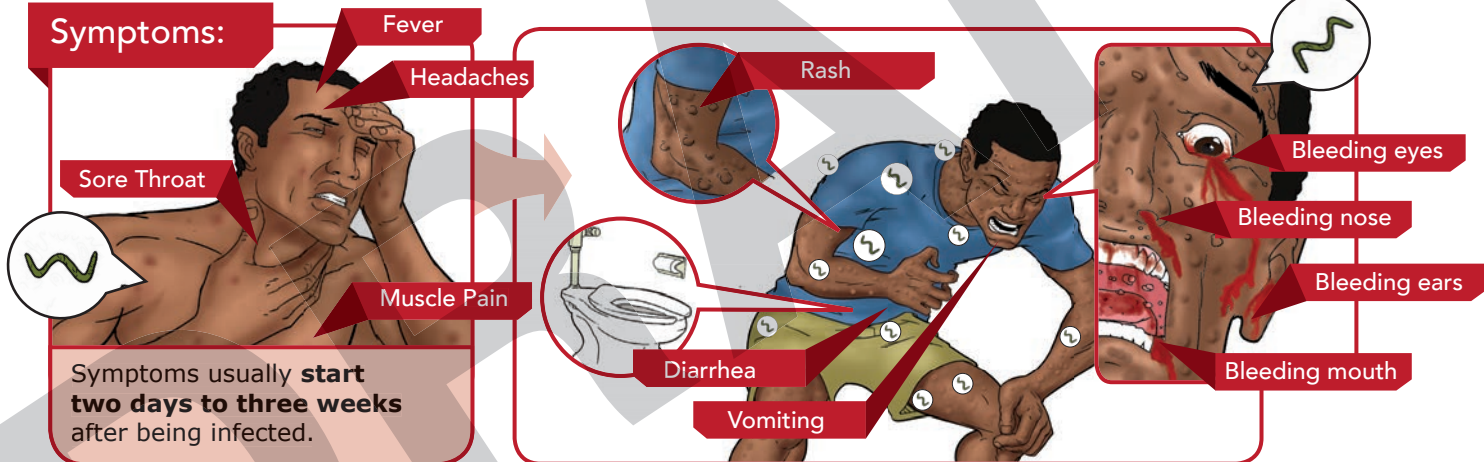
EBOLA - THE FACTS

Ebola is a deadly disease. Here are some basics you should know.

Ebola is not spread through the air. It is **spread through eating bush meat** and through contact with an infected person's **bodily fluids**, such as sweat, blood, semen or saliva.



Symptoms:



Symptoms usually **start two days to three weeks** after being infected.

DON'Ts



Don't **leave your house** or take yourself to the clinic if you think you have Ebola.



Don't **have any physical contact** or handle the clothes of someone who has or had Ebola.



Don't **touch, wash or kiss** the body of someone who has died from Ebola. The virus can stay in the body for weeks after the person has died.



Call your local clinic and ask them to **transport** you to the nearest hospital.



Disinfect the clothes and bed sheets with bleach. **Wear gloves** when doing this.



If you have a family member who has died from Ebola, call your local hospital and arrange for **health professionals** to handle the body.

DO's

MYTH

Drinking **salty water** or eating **raw onion** can protect you.

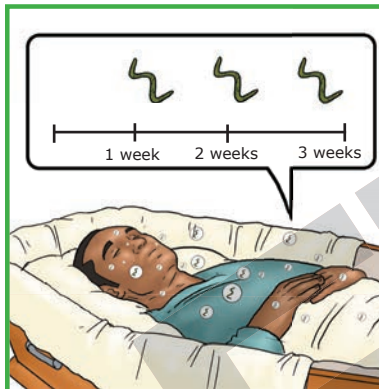


FACT

The best way to **protect yourself** is to **avoid contact** with anyone showing the signs or symptoms of the disease.



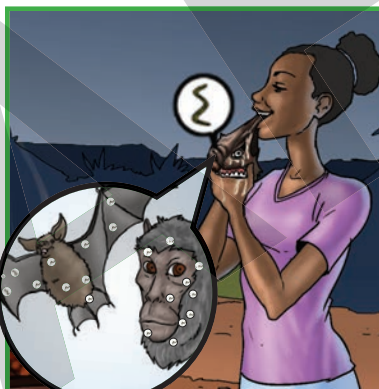
You **cannot catch Ebola** from the body of **someone** who's died from it.



Even after someone has died from Ebola, the **virus can stay alive in their body** for weeks afterwards.



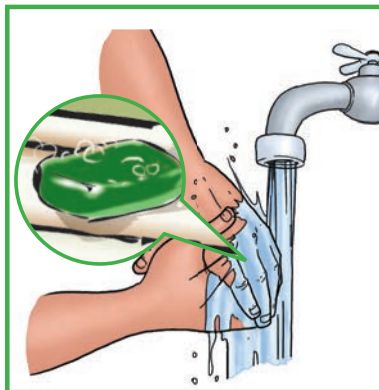
Healthcare workers are **bringing** the **disease** into affected countries.



The **Ebola virus** is **transferred** through human contact with **wild animals** through hunting, butchering and preparing meat from infected wild animals.



Expensive hand-sanitizers are needed to **kill the disease**.



Alcohol-based gels can be effective but **washing your hands** regularly with **soap and water** is very important too.



You can still be **infected by someone** who has **recovered** from Ebola.



Once someone recovers from Ebola, they can **only spread** the **virus by having sex**. These people are advised to abstain from sex or use condoms for **3 months**.

