

Unite to Fight Ebola!



Ebola Hemorrhagic Fever is a deadly, but known enemy. This information is aimed at arming you, your family, and your community against Ebola. Sierra Leoneans that have survived the disease did so by getting medical attention early. Cooperation with health authorities and their surveillance teams is critical to breaking the chain of transmission. Report any suspected cases to the Ministry of Health and Sanitation's toll free call center (117).

- ❖ In this outbreak, we are at the Human to human transmission stage. This is only achieved by physical contact with a person who is acutely and gravely ill from the Ebola virus or the person's body fluids.
- ❖ A person can incubate the virus without symptoms for 2-21 days, the average being five to eight days before becoming ill. **THEY ARE NOT CONTAGIOUS** until they are acutely ill. If you are walking around, you are not infectious to others.
- ❖ Only when ill, does the viral load express itself first in the blood and then in other bodily fluids (to include vomit, feces, urine, breast milk, semen and sweat).
- ❖ Transmission among humans is highest among caregiver family members or health care workers tending to the very ill.
- ❖ Do not touch a dying person. Corpses can transmit Ebola and should be handled by health professionals.
- ❖ The virus is easily killed by contact with soap, bleach, sunlight, or drying. A washing machine will kill the virus in clothing saturated with infected body fluids. Always practice good hand washing techniques.
- ❖ You cannot contract Ebola by handling money, buying local bread, or swimming in a pool. Avoid eating undercooked bush meat as fruit bats are the suspected reservoirs for Ebola and primates can be infected.
- ❖ At this time, there is no medical reason to stop flights, close borders, restrict travel or close embassies, businesses, or schools.
- ❖ The U.S. Embassy is open for business as usual.

All Sierra Leoneans can contribute to the fight against Ebola. The first step is being informed in order to protect yourself, your family, and your community. The next step is informing others of proper precautions.

