

# 11 Ebola

## Transmission

- Touching a sick person or any of his/her bodily fluids (stools, blood, saliva, urine, etc.)
- Very infectious and transmits easily
- Can also be transmitted through the handling of dead bodies

## Symptoms

- Starts with fever, headache, back pain, muscle pain, nausea, vomiting and diarrhoea
- Usually followed by a rash and bleeding under the skin, from the nose and from the gums, blood with the cough and in the stools
- A very severe disease that kills 50 to 90% of infected people very fast

## Prevention

- ➔ Ebola is very infectious but can be prevented
- ➔ There is no vaccine to prevent Ebola
- ➔ Use of protective clothing, gloves and masks
- ➔ Health promotion
- ➔ Isolation of patients

- ➔ Safe disposal of waste
- ➔ Disinfection of reusable supplies and surrounding environment
- ➔ Social distancing of sick people
- ➔ Safe funeral practices and burial of dead bodies

## Vulnerable people

- Everyone in the community is vulnerable to Ebola
- Patients' relatives, health workers, volunteers and people who handle dead bodies are especially vulnerable

## In case of epidemic

- ➔ Use of protective clothing, gloves and masks
- ➔ Health promotion
- ➔ Isolation of patients
- ➔ Safe disposal of waste

- ➔ Disinfection of reusable supplies and surrounding environment
- ➔ Social distancing of sick people
- ➔ Safe funeral practices and burial of dead bodies

## Volunteer actions

See the following **action tools** for more information on what actions to take against Ebola.

31	29	32	23	30	20	21	22	5	24	25	33
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## Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

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| <ul style="list-style-type: none"><li>• When did the epidemic start?</li><li>• How many people live in the affected community?</li><li>• How many children under 5 years of age live in the affected community?</li><li>• What are the health authorities doing in the epidemic?</li><li>• Who and where are the vulnerable people?</li></ul> | <ul style="list-style-type: none"><li>• How many people have died from Ebola and where?</li><li>• How many people have fallen sick with Ebola and where?</li><li>• Are there any health services?</li><li>• What are the burial procedures and practices in the community?</li><li>• Is there a health promotion programme in place?</li></ul> |
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