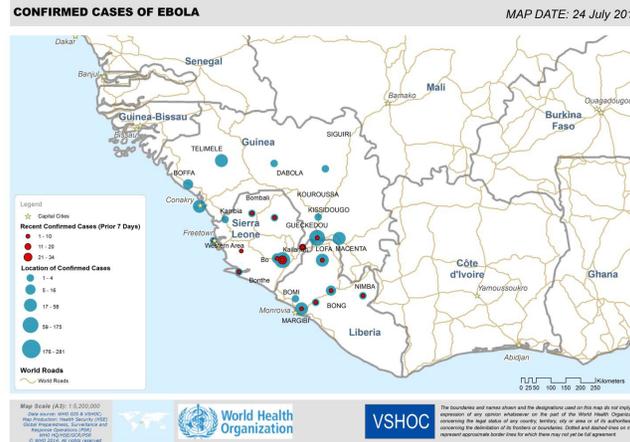


## 6 Simple Steps to Save a life from Ebola

Call someone you know and tell them:

1. Ebola is real, it is deadly, it is spread through contact with bodily fluids
2. The symptoms are fever, body pains, vomiting, diarrhea, rash, trouble breathing, bleeding
3. Prevent the spread of Ebola by avoiding contact with the bodily fluids of a sick person
4. If someone has symptoms of Ebola, they should call the local health response team
5. Do not touch someone with symptoms of Ebola unless you are a trained health worker wearing personal protective equipment (PPE)
6. Do not leave a health facility if you are being monitored for symptoms of Ebola, you will spread the disease to your family and loved ones



Support those fighting the Ebola Outbreak

**DONATE**

Doctors without borders:

<http://events.doctorswithoutborders.org/participant/stopebola>

Samaritan's Purse:

<http://www.samaritanspurse.org/our-ministry/donate-online/>

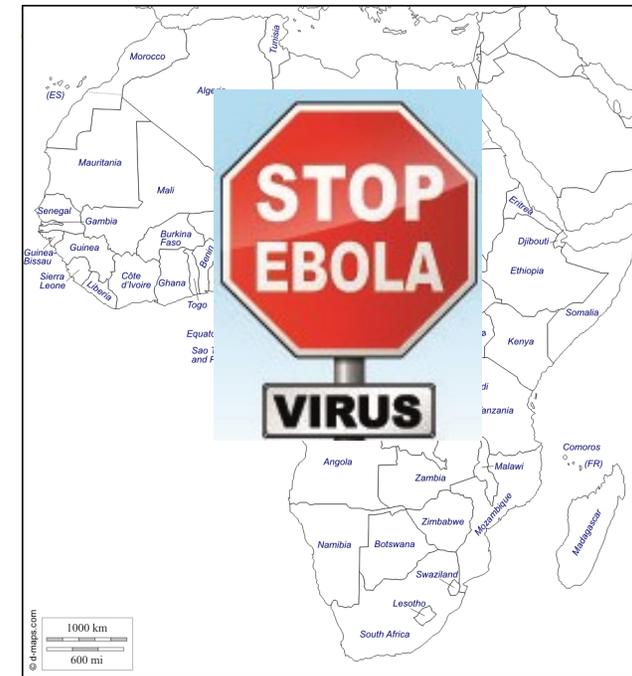
[Learn more about the Ebola crisis](#)

WHO: <http://www.who.int/csr/disease/ebola/en/>

MSF: <http://www.doctorswithoutborders.org/article/race-against-time-control-ebola-outbreak>

CDC: [http://www.cdc.gov/vhf/ebola/outbreaks/guinea/?s\\_cid=cdc\\_homepage\\_whatsnew\\_001](http://www.cdc.gov/vhf/ebola/outbreaks/guinea/?s_cid=cdc_homepage_whatsnew_001)

**TOGETHER LET'S  
STOP EBOLA IN WEST AFRICA**



**Over 1,300 infected**

**More than 700 dead!**

## What is Ebola?

Ebola, is a serious illness that is caused by infection with the Ebola virus

The virus lives in bats and some other bush animals

Most people infected with the virus usually get sick within 8-10 days.

Some people can show signs of sickness as early as 2 days and others as late as 21 days after exposure

**Many people who get Ebola disease die from it, but some will recover fully**

### How does a person get Ebola?

A person gets Ebola when they come in contact with the body fluids of someone who is sick with Ebola or who has died from Ebola

Body fluids include feces, urine, vomit, blood, saliva, tears, and semen

You can also get Ebola from eating bush meat that is infected with Ebola virus

A person can also get Ebola from using sharp objects contaminated with the Ebola virus

### How do I know if I have or someone I know has Ebola?

Most common symptoms are: fever, intense weakness, muscle pain, headache, lack of appetite, stomach pain, vomiting, diarrhea

Some people can also have a rash, hiccups, chest pain, trouble breathing, trouble swallowing, and bleeding

The hospital can run special blood tests to see if a person with any of these symptoms has Ebola

**If someone you know has signs of Ebola, call the health response team, dial 117, to take them to the nearest testing center.**

**Separate people who have signs of Ebola from healthy people**



### Am I at risk of getting Ebola?

The people at highest risk are the friends and family of patients with Ebola

Also health care workers who take care of Ebola patients are at risk if they do not take proper precautions

### How can I protect myself from Ebola?

There is no cure for Ebola but you can protect yourself from getting the virus

Wash your hands with soap and clean water frequently

Do not touch the vomit, feces, blood, semen, or saliva of someone who is sick with Ebola with your bare hands

Do not touch the dead body of someone who died from Ebola



Dr Sylvain Faye, an anthropologist, teaches villagers how to properly hand wash. Photo by: WHO/Tarik Jasarevic