

Advice for Individuals and Families

August 2014

Advice for individuals and families in Ebola affected areas

Ebola is real and can kill. But you can protect yourself, your family and your community by following the advice below.

You are at risk if you have:

- Spent time with someone sick with Ebola

or

- Attended a funeral of someone who has recently died with symptoms of Ebola

Ebola starts suddenly with high fever. A person with Ebola feels very tired, has headache and body ache and does not want to eat.

Remember:

- **only people who are sick can spread Ebola disease to others**
- **dead bodies of Ebola patients are also contagious**
- **if you have recovered from Ebola you cannot catch it again during this outbreak**

What should I do?

CALL FOR HELP IMMEDIATELY

Remember: early treatment increases chance of survival and prevents spread

- Take the patient to the hospital, your local health post or designated Ebola Care Centre. Immediately inform health-care staff that the sick person may have Ebola.
- If you cannot go to the hospital or health post for any reason, you must speak with your local community leader immediately or call the Ebola Hotline XXXX for help.
- If there is a person who has recovered from Ebola in your community, ask this person to help. Once a person has recovered from Ebola they will never get it again during this outbreak. The person should follow hygiene rules so he/she does not carry the fluids of a sick person to other family or community members.

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While you are waiting for help you should:

PROTECT YOUR FAMILY

Remember: early treatment increases chance of survival and prevents spread

- Provide the sick person with their own space, separate from the rest of the family. Provide them with their own plate, cup, and utensils (spoon, fork,...), toothbrush, etc. No item should be shared with others.
 - Only one family or community member should care for the sick person. Others should not come to contact.
 - Avoid touching the sick person. All body fluids including stool, vomit, blood, breast milk, sperm, urine and sweat are dangerous and must not be touched. If you need to touch, you must wear gloves. Make sure the gloves have no holes. You can get gloves from community helpers and health posts. If none are available, get some from a shop. Put soiled clothes, towels and bed linens in a plastic bag and incinerate.
 - If you provide extended care for a person with Ebola in your home you will need protective equipment. Ask your local health post to provide this.
 - Wash hands with soap and water or rub hands with an alcohol-based hand sanitizer (ask community workers)
 - after touching the sick person or anything that belongs to the person
 - after touching a used toilet
 - after touching any blood or body fluids (e.g, faeces, vomit)
 - after touching anything that could be contaminated with body fluids **even if you wore gloves**, and
 - after removing gloves.
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CARE FOR THE SICK

- Provide plenty of drinks for the sick person such as water, soup, tea or locally available beverages. If possible, encourage the sick person to feed little by little, 'spoon by spoon'.
 - Give paracetamol to the patient, if they are suffering from fever and pain. Do not give aspirin or any other pain killer.
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DANGER SIGNS

If the patient vomits, has diarrhoea or starts to bleed, they must be transported to a hospital immediately. **These are the danger signs.** The patient can **infect others** and is at **risk of dying**.

The patient should only be moved by those health workers who have been provided with **Personal Protective Equipment (PPE)** under the guidance of local authorities.

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