

ALERT ON EBOLA VIRUS DISEASE (EVD)

• INTRODUCTION

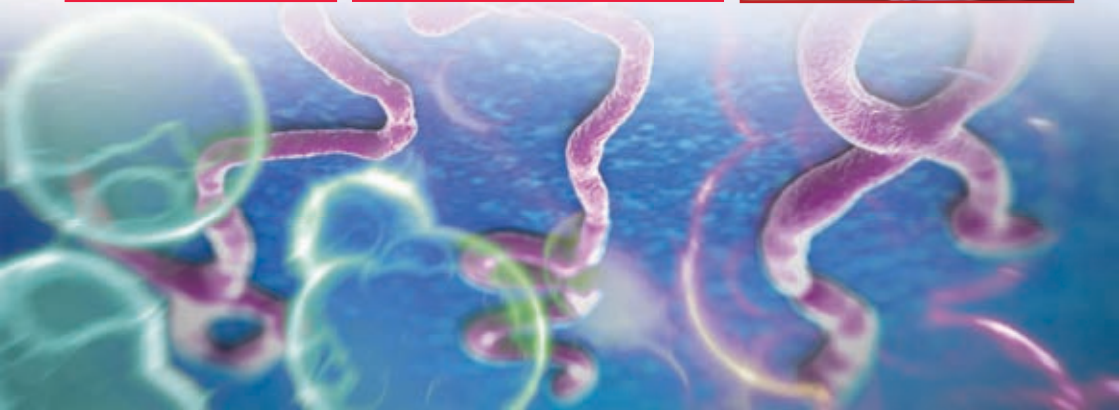
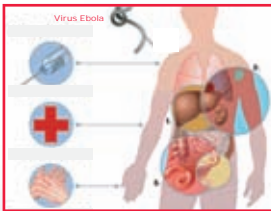


Ebola virus disease (EVD) is a severe, often fatal illness, with high death rate. The illness affects humans and animals such as fruit bats and monkeys. Ebola first appeared in 1976 in two simultaneous outbreaks, in the Democratic Republic of Congo and Sudan, respectively. Since March 2014, the World Health Organization was informed regarding EVD outbreaks involving West African countries (i.e. Guinea, Sierra Leone, Liberia and Nigeria).

• MODE OF TRANSMISSION

You may be exposed to the ebola virus through direct contact with:

- Bodily fluids of a person who is sick with or has died from EVD (e.g. blood, vomit, pee, poop and other fluids).
- Objects contaminated with the virus (e.g. needles, medical equipment etc.).
- Infected animals (by contact with blood or fluids or infected meats).



● SYMPTOMS

Symptoms can appear from 2 to 21 days after exposure:

- Fever
- Headache
- Joint and muscle aches
- Intense weakness
- Vomiting
- Rashes
- Diarrhoea
- Unexplained bleeding



● HEALTH ADVISORY

You are advised to practice the following:

- Maintain good personal hygiene such as frequent hand washing with soap and water or use hand sanitizer regularly.
- Limit contact with healthy individuals around you, once you are symptomatic.



REMINDER!

Monitor your health status within 21 days upon returning from the affected countries and seek medical attention **IMMEDIATELY** from the nearest health facility for further assessment if you have the symptoms as mentioned

