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# Ebola Education and Prevention

How Ebola is transmitted, its' symptoms,  
and methods of prevention.

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# What causes Ebola?

- Ebola is a virus that can come from bats, monkeys, or other animals.




**HOW IS EBOLA TRANSMITTED FROM ANIMALS TO HUMANS?**


**1** The Ebola virus is transmitted to humans through **infected bush-meat**, such as bats and monkeys

**2** The Ebola virus is easily transmitted from animals to humans during hunting, slaughtering and preparing of the meat

**During an Ebola outbreak, avoid bush-meat, as it can infect you with Ebola**

The diagram consists of two circular illustrations. The top circle shows a brown bat with white virus particles on its wings and body. A red arrow points from this circle to the bottom circle. The bottom circle shows a person in a white tank top and orange shorts, kneeling and cutting up a large animal carcass on a green surface. A red arrow points from the person's hands to the text of step 2.

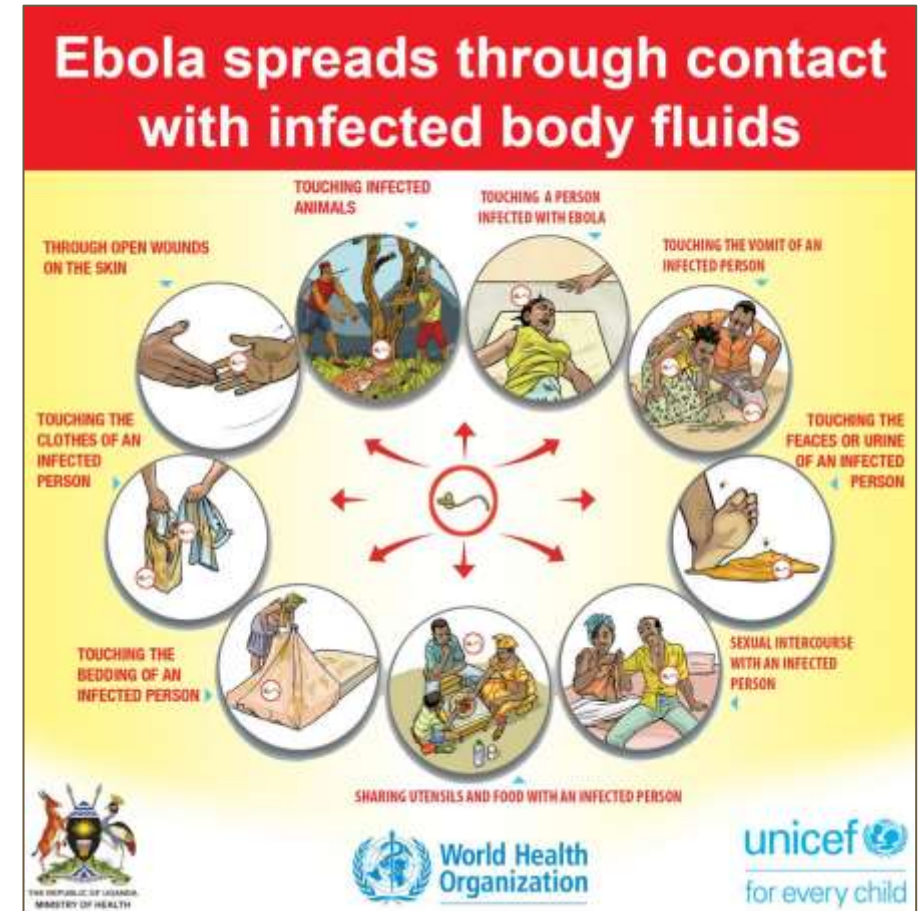
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#PreventEbola

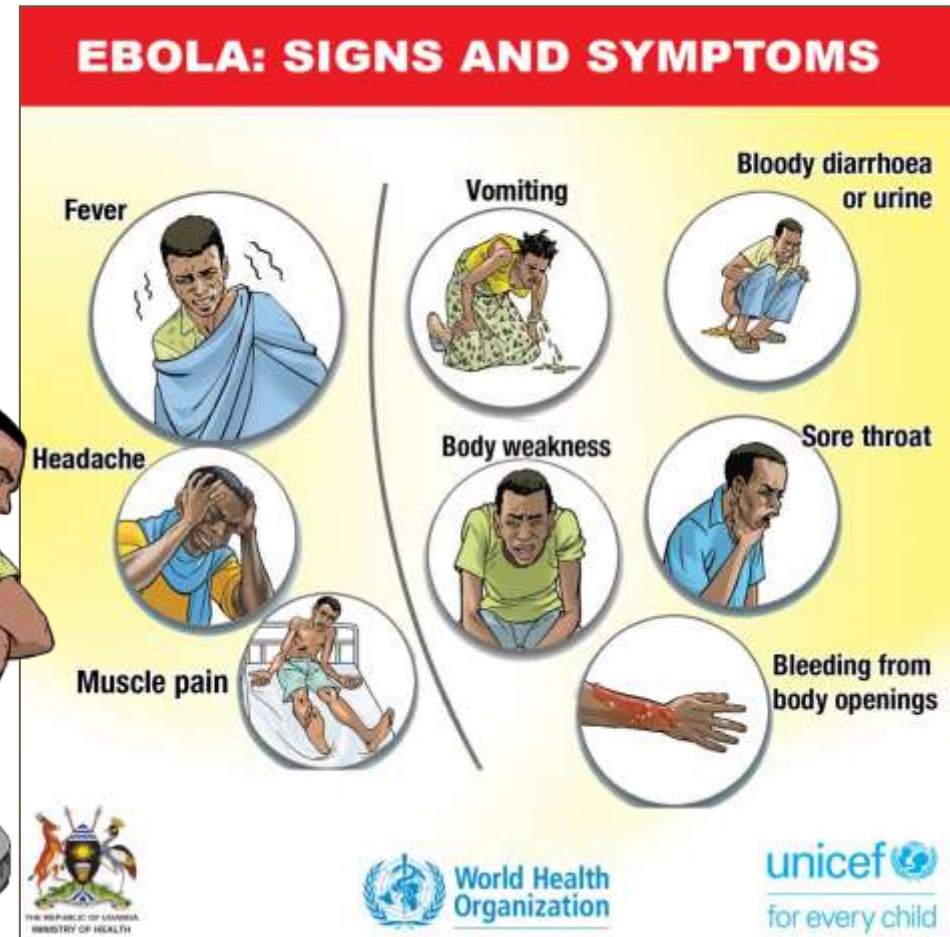
# How do people get Ebola?

- Touching blood and fluids of an infected person
- Touching the clothing and bedding of an infected person
- Touching a dead body of an infected person
- Eating or preparing bushmeat
- Drinking breast milk from an infected woman



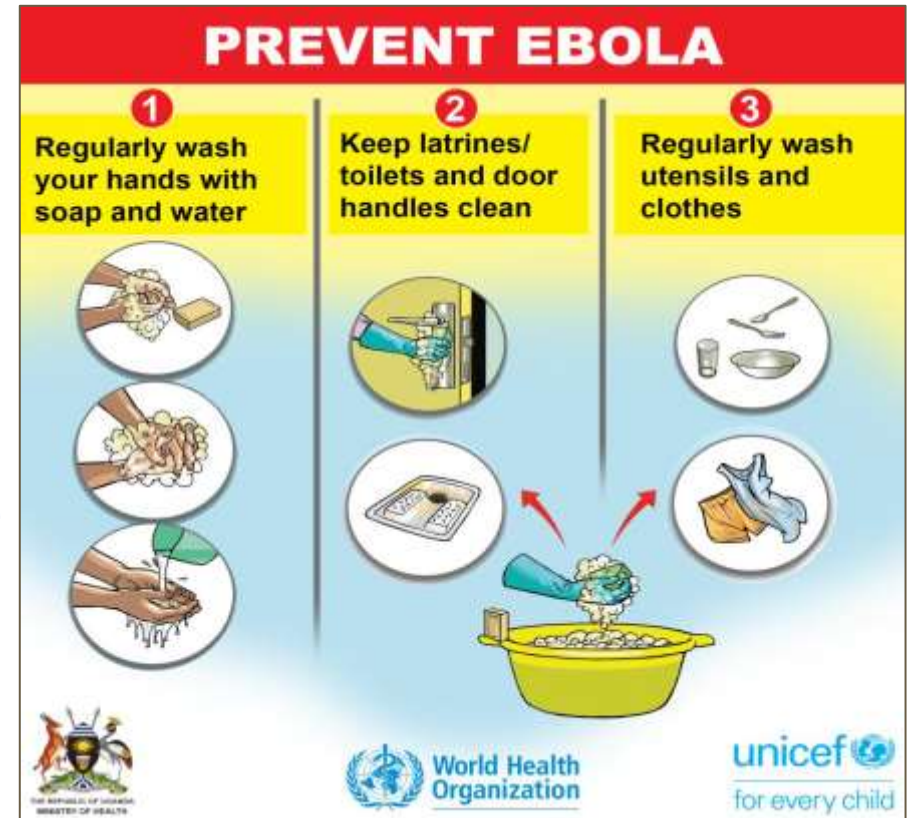
# What are the symptoms of Ebola?

- Fever
- Fatigue
- Loss of appetite
- Headache
- Abdominal pain
- Muscle or joint pain
- Nausea
- Unexplained bleeding
- Vomiting
- Diarrhea



# How to prevent the spread of Ebola

- Avoid contact with people who are infected with Ebola
- Wash your hands with soap and water
- Avoid sharing eating utensils
- Keep latrines and toilets clean



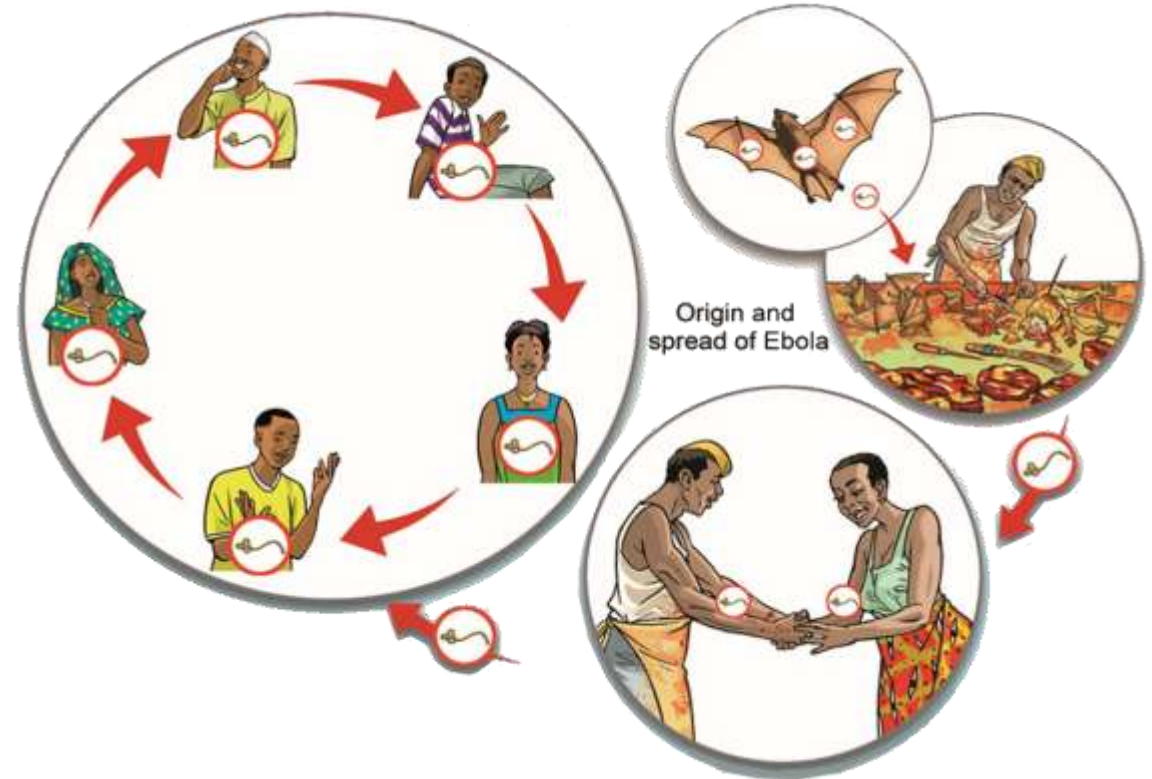
# Disinfecting prevents transmission of Ebola

- If you have contact with someone who has Ebola, make sure to thoroughly wash anything that may have been touched with a chlorine solution.
- Use a chlorine solution to clean all areas that may have been touched by an infected person
- Disinfect all clothing and bedding that has been touched by someone with Ebola



# Other ways to prevent getting Ebola

- Avoid funerals of people who possibly died of Ebola
- Avoid eating and preparing bushmeat
- Avoid contact with people who are infected with Ebola



# Can a survivor still be infectious?

Everyone's recovery from Ebola is different. Some people that have survived may still be infectious. When that happens, the virus passes in certain body fluids, such as:

- blood
- urine
- feces
- sweat
- semen
- breast milk
- vomit





# Is it safe to be around an Ebola survivor?

Yes, as long as you follow some simple rules:

- Avoid **sexual contact** (vaginal, anal, or oral) for at least 12 months after illness onset, or until the semen has tested negative two times.
- Avoid direct contact with **bodily fluids**, including blood, urine, feces, sweat, semen, breast milk, or vomit of the survivor for at least three months after their recovery.



# How to interact with survivors

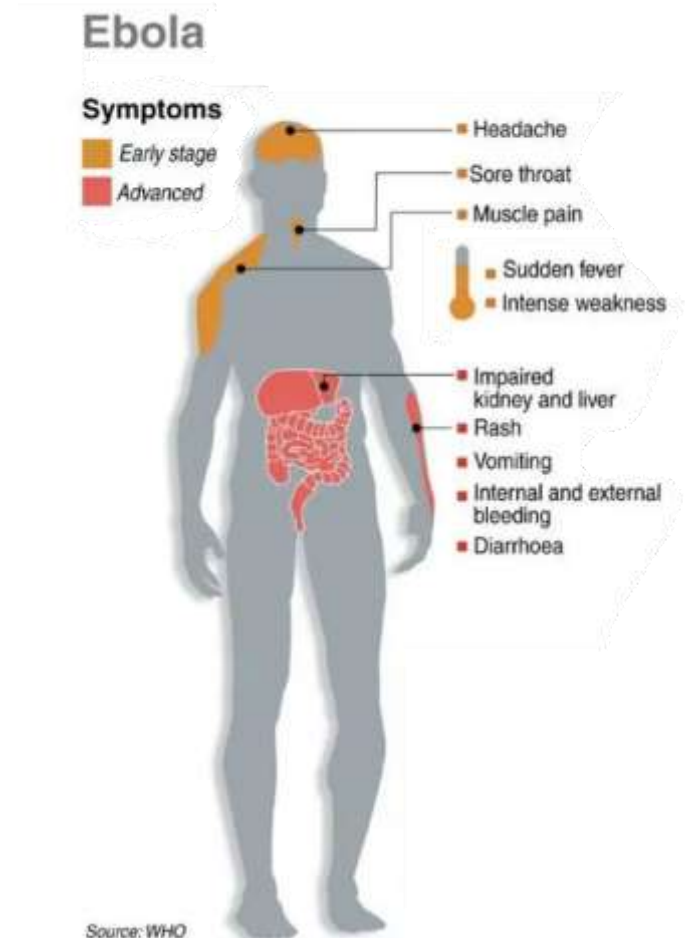
- Abstain from **sexual contact** (vaginal, anal, or oral) for at least 12 months after the infected person has recovered; or until semen has been tested twice with negative results.
- Don't share personal items or eating utensils.
- Once a survivor's fluids test negative twice, the person is considered fully recovered and free from Ebola.



# Conclusion

## Remember, if you hear of an Ebola outbreak:

- Always use caution when moving about
- Avoid contact with someone who is infected
- Avoid closed areas where transmission is greatest
- Learn to recognize the signs and symptoms
- Disinfect anything that has been in contact with an infected person
- Be safe and stop the spread before it gets out of control.



This document was developed as part of a practicum study for graduate students attending Texas A&M School of Public Health. The opinions are those of the practicum student (s) and are not of the administration of either Rose Academies or their subsidiary, YouLearn Academies.

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