Prevention

- Avoid ALL non-essential travel to West Africa and other areas with Ebola
- Take great care while travelling overseas and report to the Ministry of Health, all trips to Ebola affected areas.

- Avoid physical contacts with persons who appear to be ill
- Avoid contact with blood and body fluids of any person, particularly someone who is sick.
- Avoid contact with persons who have symptoms of Ebola.
- Do not handle items that may have come in contact with an infected person's blood or body flu-
- Do not touch the body of someone who has died from Ebola.

Prevention (Continued)

- Wash hands frequently with soap and water or use an alcohol-based hand sanitizer.

- Avoid crowded areas/ spaces.
- Exercise great care and practice and good hygiene in public spaces including airports and hospitals and other health facilities.
- Stay informed about Ebola and share correct information with others.
- Report suspected cases of Ebola to the nearest health facility immediately

For more information, contact the Ministry of Health at

Toll Free Line:
1-888-one-love (1-888-663-5683)

Website : www.moh.gov.jm

Ministry of Health

Ebola

Key Facts and Answers to Your Questions

What is Ebola?

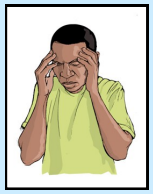
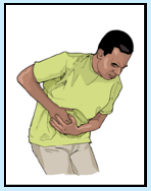
Ebola Virus Disease (EVD) is a deadly infection caused by a virus. It spreads quickly from person to person BUT can be prevented.

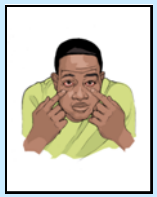
Although the disease started in West Africa, it is currently a threat to all countries including Jamaica.

What are the Signs & Symptoms ?

Ebola Signs & Symptoms appear from 2-21 days after infection and include:

- Fever
- Severe headache
- Muscle pain
- Weakness
- Diarrhoea
- Vomiting
- Abdominal pain
- Measles like rash
- Red eyes, hiccup & bleeding from body openings in some patients



How is Ebola spread?

Ebola is spread mainly by person to person contact including :

- Close contact with infected persons who show symptoms of the disease
- Contact with wound, body fluids (urine, vomit, blood, semen, sweat, stool)
- Handling soiled linen & clothing of infected persons
- Touching the body of someone who has died from Ebola.

Ebola is **not** spread through the air, water or food.

When is someone able to spread the disease to others?

- Ebola can **only** be spread to others after symptoms begin.

Who is at high risk for Ebola?

- All travelers especially persons who travel to West Africa and other areas with Ebola outbreak.

What should you do if you feel you have been exposed to Ebola?

- Report your concern to the nearest hospital
- Watch for signs and symptoms for 21 days
- Avoid contact with others

How can an exposed person know if he or she is infected with Ebola?

- A blood test done at hospital can show if you have Ebola
- **After 21 days,** if an exposed person does not develop symptoms, they will not become sick with Ebola

What is the Treatment for Ebola?

- There is no specific treatment for Ebola but therapies aimed at rehydrating the body are used.
- Early Treatment can increase chances of survival.
- A vaccine is not yet available.