

How should health workers **protect** themselves from risk of infection when caring for sick patients?

- Health workers should strictly **apply** recommended infection control measures to avoid exposure to infected blood, fluids or contaminated objects.
- **Use** protective equipment and also **avoid** reuse of such equipment unless they have been properly disinfected
- **Change** gloves between caring for each patient
- Procedures that can expose health workers to infection should be carried out under strict safe conditions
- Infected patients should be **isolated** as much as possible

For more information on **Ebola**,
visit the Ministry of Health website:

www.moh.gov.bw
or call **0800 600 740**

Produced by
Ministry of Health
Botswana
Enquiries: 3632500

www.moh.gov.bw
Toll free: 0800 600 740
Email: health@gov.bw



Facts ON EBOLA

A decorative rainbow arc with multiple overlapping bands of yellow, orange, and pink, curving from the top left towards the bottom right, framing the text on the left side of the page.

What is **Ebola**?

Ebola is a **highly contagious disease** caused by a virus with severe fatality rate of up to 90%. The origin of the virus that causes Ebola is unknown. The first outbreak of the disease was recorded in 1976 in the Democratic Republic of Congo and Sudan simultaneously.

How is the disease **transmitted**?

The disease is transmitted through contact with **blood** or **body fluids** of an infected person or animal or by contact with **contaminated objects**.

Who is at **risk**?

Those who have close contact with patients particularly **health workers, family members, friends** and **mourners** who have direct contact with the dead body.

What are the precautions to be taken **when caring** for patients?

One must avoid direct contact with patients. Personal Protective Equipment(PPE) in the form of gloves, an impermeable gown, boot/closed shoes with overshoes, a mask, and eye protection for splashes(goggles or face shields) should always be used when attending to Ebola patients.

What are the **signs** and **symptoms** of Ebola?

Signs and Symptoms include fever, weakness, muscle pain, headache, lower abdominal pain, sore throat, blood in the vomit, blood in sputum or stool, diarrhea, bloody rash, and bleeding from the nose or other body parts and difficulty in breathing.

When should someone seek medical assistance?

- Seek medical assistance immediately if you develop fever, headache, muscle aches, diarrhoea, vomiting, stomach pain, or unexplained bruising or bleeding.
- Persons suspected of Ebola should immediately be taken to the nearest health facility for proper management.

Is there a **cure** for Ebola?

Currently there is **no cure** or licensed vaccine.

What are the **prevention** measures?

Some of the prevention measures include:

- **Avoid** contact with blood and other body fluids such as semen, sweat, saliva, tears, mucus etc.
- **Do not** handle items that may have come in contact with an infected person's blood or body fluids.
- **Avoid** funeral or burial rituals that require handling the body of someone who has died from Ebola.
- **Avoid** contact with or handling of wild animals, or their raw or undercooked meat.
- Always **wash** your hands with clean water and soap.
- **Do not** visit health facilities where patients with Ebola are being cared for.
- **Seek** medical care immediately if you develop fever, headache, muscle aches, diarrhoea, vomiting, stomach pain, or unexplained bruising or bleeding.
- **Limit** direct contact with other people when you go to the doctor.
- Suspected cases are **quarantined** while undergoing medical examinations.

Confirmed cases are isolated.