



Republic of Botswana

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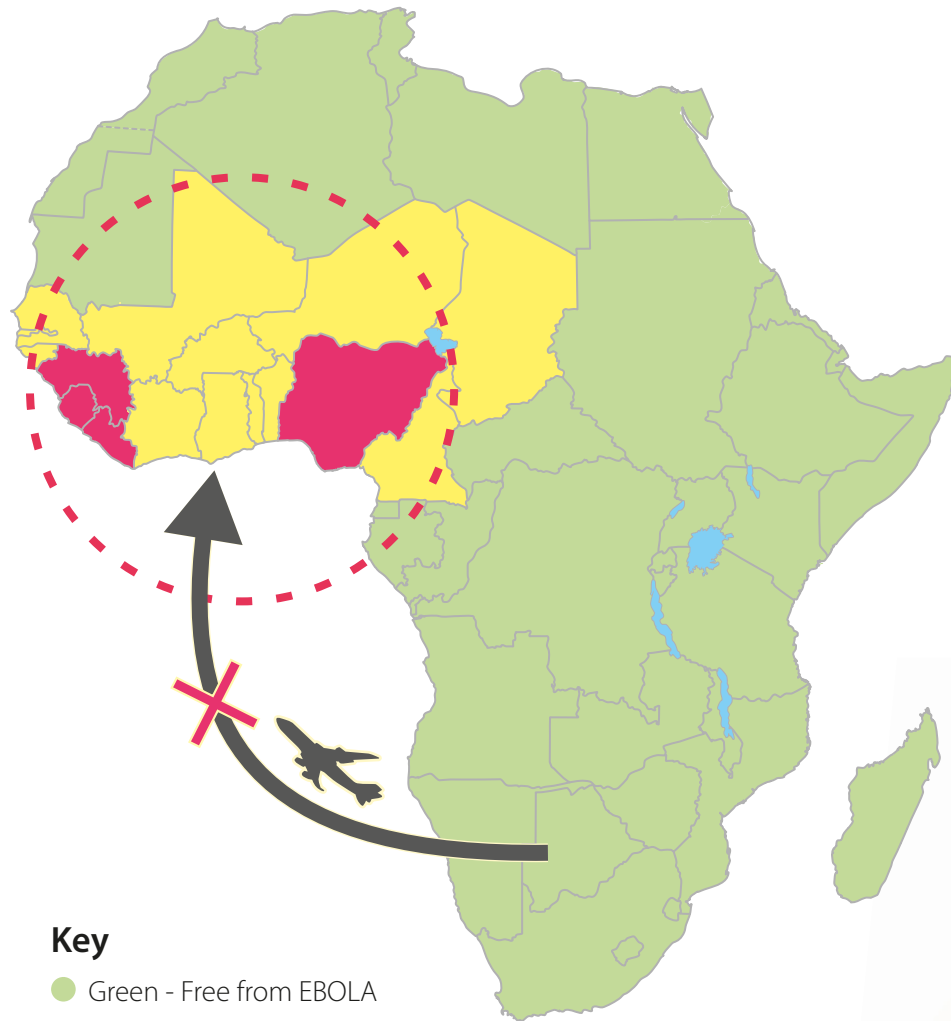
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MINISTRY of HEALTH
REPUBLIC OF BOTSWANA



TRAVELLERS' INFORMATION ON EBOLA



Key

- Green - Free from EBOLA
- Yellow - Highly at risk
- Red - Danger zone



Introduction

An outbreak of Ebola/Viral Haemorrhagic Fever (VHF) is reported in some **West African Nations (Guinea-Conakry, Liberia, Sierra Leone and Nigeria)**. There is a possibility that the number of countries affected will increase over time.

All Batswana coming from affected countries shall be subjected to the Ebola screening, passenger tracing form, **quarantine** for up to 21 days and/or **isolation** when necessary to protect its citizens from Ebola disease. Travellers from West African countries shall be subjected to the Ebola screening and passengers tracing form while those coming from Ebola affected countries shall **be denied entry into Botswana** to reduce the risk of introducing the disease.

What is **Ebola**?

Ebola is a **deadly disease** caused by a virus.

How is it **transmitted**?

It is transmitted via contact with **blood or body fluids** of an infected person or animal or by contact with contaminated objects.

What are the **signs and symptoms**?

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

What is the **cure** for Ebola?

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

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.

If you happen to **travel** to any of the affected countries, make sure to do the following:

- **Avoid** contact with blood and other body fluids such as semen, sweat, saliva, tears, mucus
- **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.
- **Avoid** visiting health facilities where patients with Ebola are being treated.

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

www.moh.gov.bw

or call **0800 600 740**