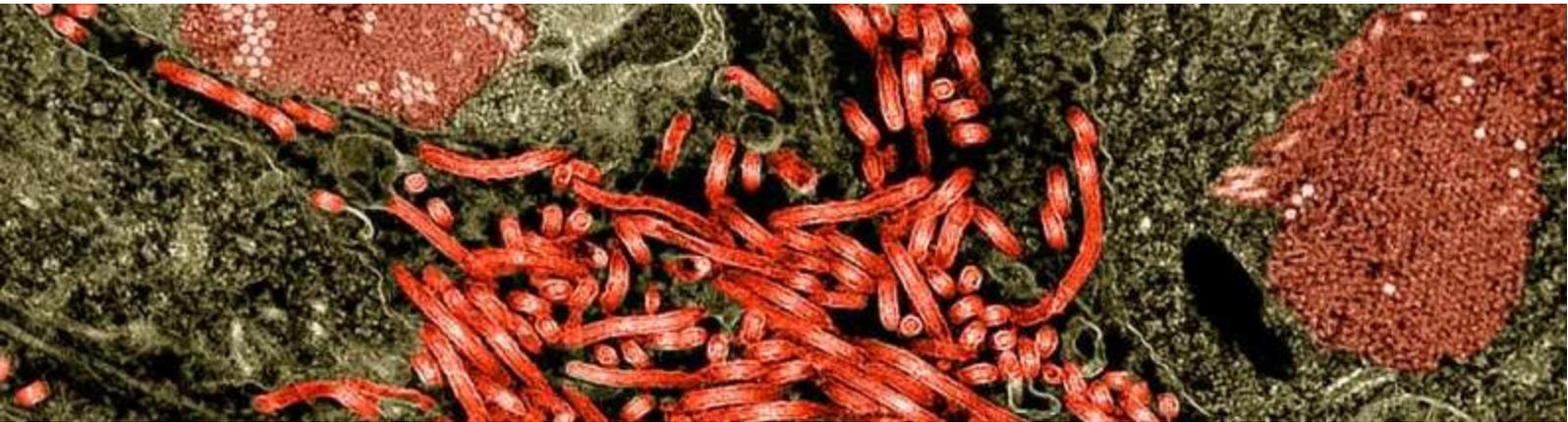


## SYMPTOMS

Symptoms usually begin 2–21 days after being exposed to the virus and the most common symptoms are:

Sudden onset of fever, fatigue, muscle pain, headache and sore throat. This is usually followed by vomiting, diarrhoea, and stomach ache, rash. Symptoms of impaired kidney and liver function, and in some cases, both internal and external bleeding (e.g. oozing from the gums, blood in the stools).



## TRANSMISSION

### Virus Distribution and Spread

Ebola virus is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals such as chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead or in the rainforest.

Ebola then spreads throughout humans via direct contact (through broken skin or mucous membranes) with the blood, urine, saliva, sweat, faeces, breast milk, semen, organs, secretions, or other bodily fluids of infected people, and with surfaces and materials, such as bedding and clothing, contaminated with these fluids. A person infected with Ebola cannot spread the disease until they develop symptoms. Additionally, the virus is not spread through the air and water.

Ebola survivors and their sexual partners should either:

- Abstain from all types of sex.
- Observe safe sex through correct and consistent condom use until their semen has twice tested negative.

### Reducing Risk of Transmission

- Animals should be handled with appropriate protective clothing such as gloves.
- Gloves and appropriate personal protective equipment should be worn when taking care of ill patients.
- Regular hand washing is required after visiting patients in hospital, as well as after taking care of patients at home.
- Safe burial practices, monitoring health of infected patients for 21 days and isolating the healthy individuals from the sick individuals is crucial to contain the spread of Ebola.

## RECOMMENDATION

There is no vaccine to prevent or proven medicine to treat Ebola virus. An experimental Ebola vaccine proved highly protective against the virus in a major trial in Guinea in 2015.

### Treat the symptoms:

Simple early interventions can improve the chances of survival. Rehydration with fluids and body salts (oral or intravenous) and treatment of specific symptoms. Urgently seek healthcare support and ensure follow-up.