

Ebola Awareness

March 2014

Disclaimer: This awareness session has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

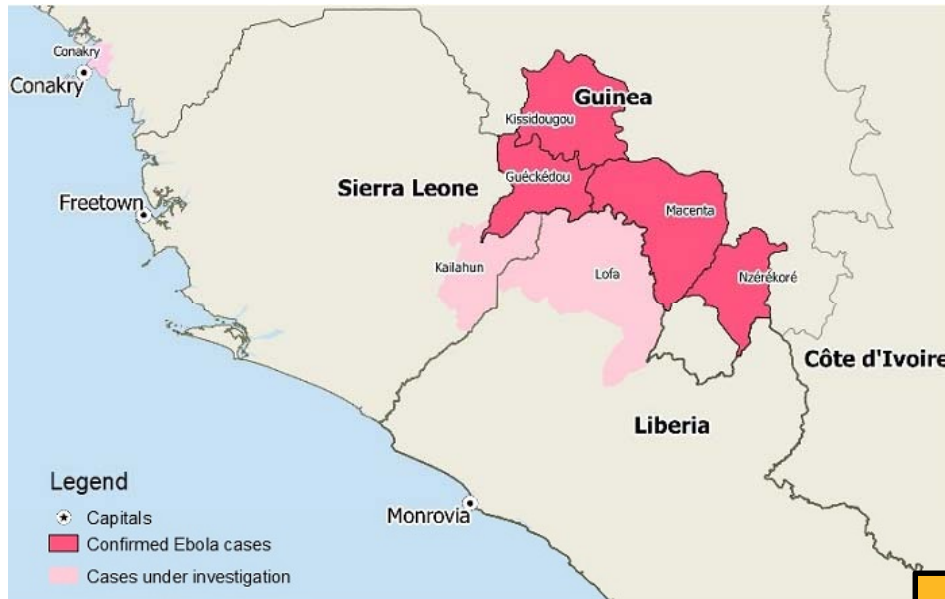


Worldwide reach Human touch

International SOS Confidential 3/25/2014

EBOLA

OUTBREAK IN GUINEA



In March 2014 Ebola was identified for the first time in Guinea.

- The situation is evolving rapidly
- First cases were in February
- Now at least 49 cases with 29 deaths
- Cases in Guekedou, Macenta, Nzerekore and Kissidougou districts.

NEW

Liberia: cases in Foya and Zorzor districts, Lofa county, likely to be Ebola

FACT

Ministry of Health and international organisations are investigating and have taken measures to control further spread.



EBOLA

WHAT IS IT

Ebola is caused by a virus.

- Causes a severe illness, with bleeding (“Ebola haemorrhagic fever”)
- Up to 90% will die
- No vaccine, and no treatment are available
- Once someone is infected, if proper precautions aren’t taken, an epidemic can spread quickly

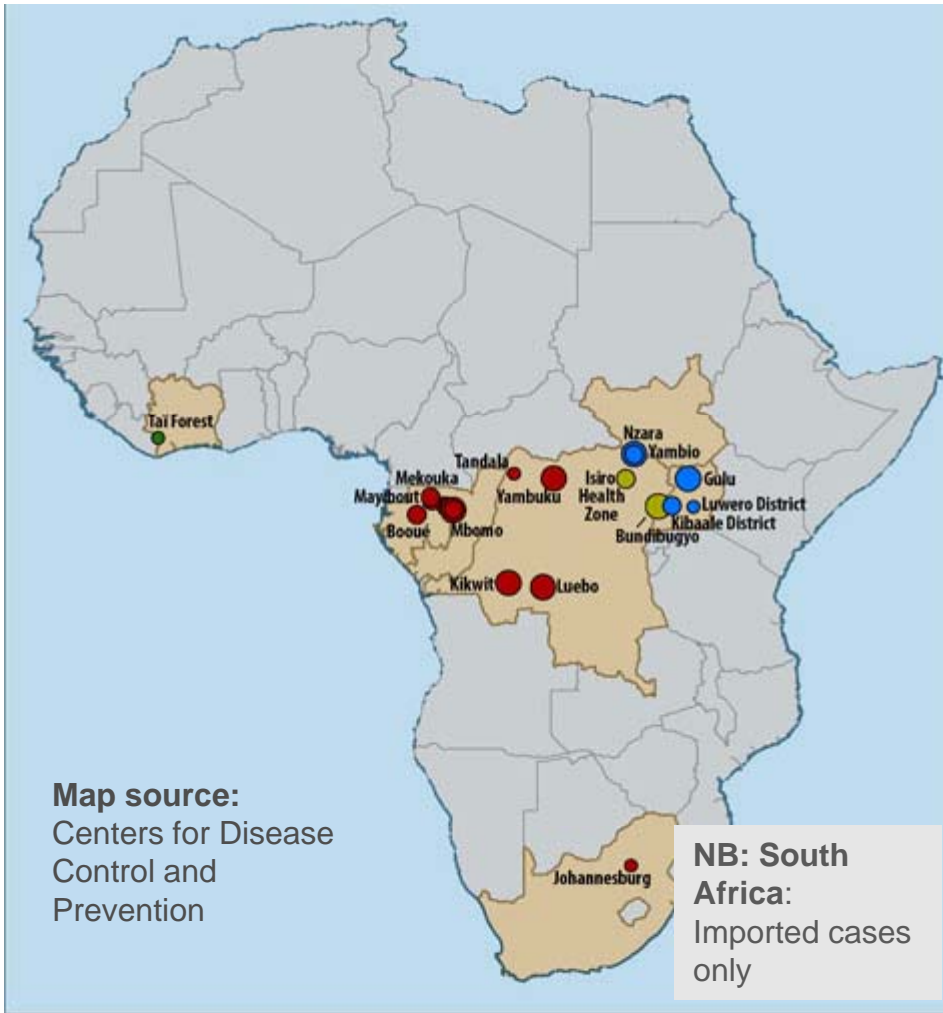
FACT

With the proper precautions in place, Ebola will not spread to other people.

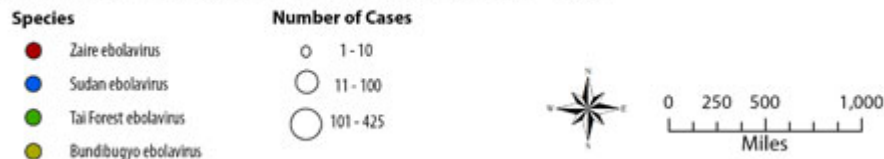
EBOLA

WHERE IS IT

- Occurs in parts of Africa
- Outbreaks have been recorded in
 - Democratic Republic of the Congo
 - Republic of the Congo
 - Gabon
 - South Sudan
 - Cote d'Ivoire
 - Uganda
 - Guinea (first time in 2014)



EBOLAVIRUS OUTBREAKS BY SPECIES AND SIZE, 1976 - 2012



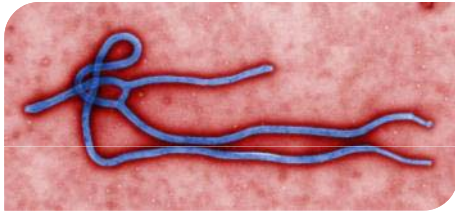
FACT

Disease is named after a river in the Democratic Republic of the Congo (formerly Zaire) where the disease was first recognised in 1976.

Four strains cause illness in humans - Bundibugyo, Ivory Coast, Sudan and Zaire (named after the places they were first found).

A fifth strain, Reston, has been identified in monkeys in, or imported from the Philippines, as well as in pigs in the Philippines.





EBOLA

HOW DOES IT SPREAD



HUMAN to HUMAN

People are infected through **direct unprotected contact** with an infected person's **blood, secretions or body fluids**.

Blood, vomit, faeces, mucus, urine and any **objects that are contaminated** by them are all potentially infectious and should never be directly handled



Healthcare workers and people in direct contact with sick people (such as family members) are at highest risk of infection

Caution

The body of someone who has died from Ebola is infectious.

If someone has died from suspected Ebola, their body should **ONLY** be handled by those who are trained to do so, wearing proper protective equipment.

Do NOT participate in funeral practices that involve touching the dead body.

Ebolavirus Ecology

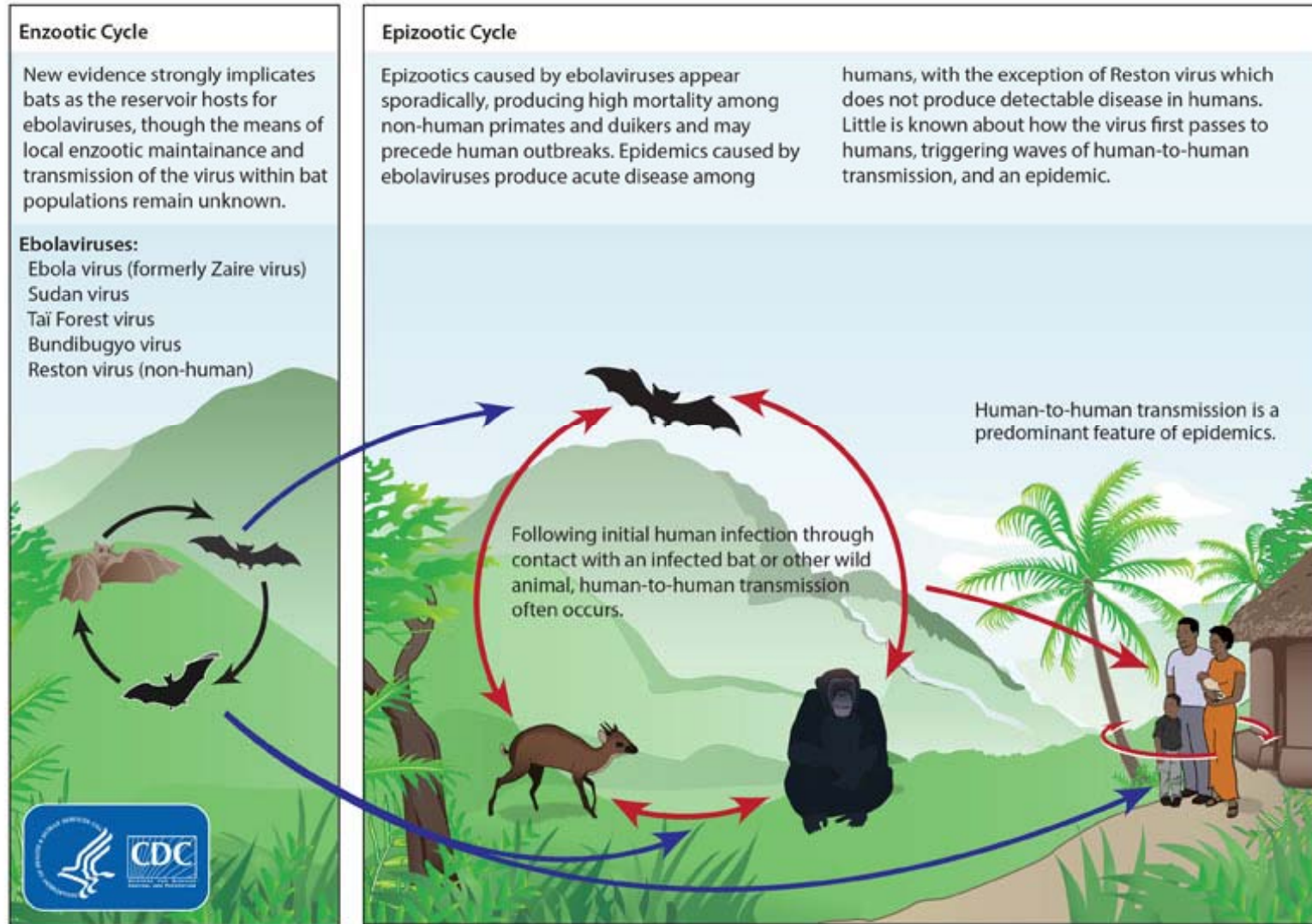
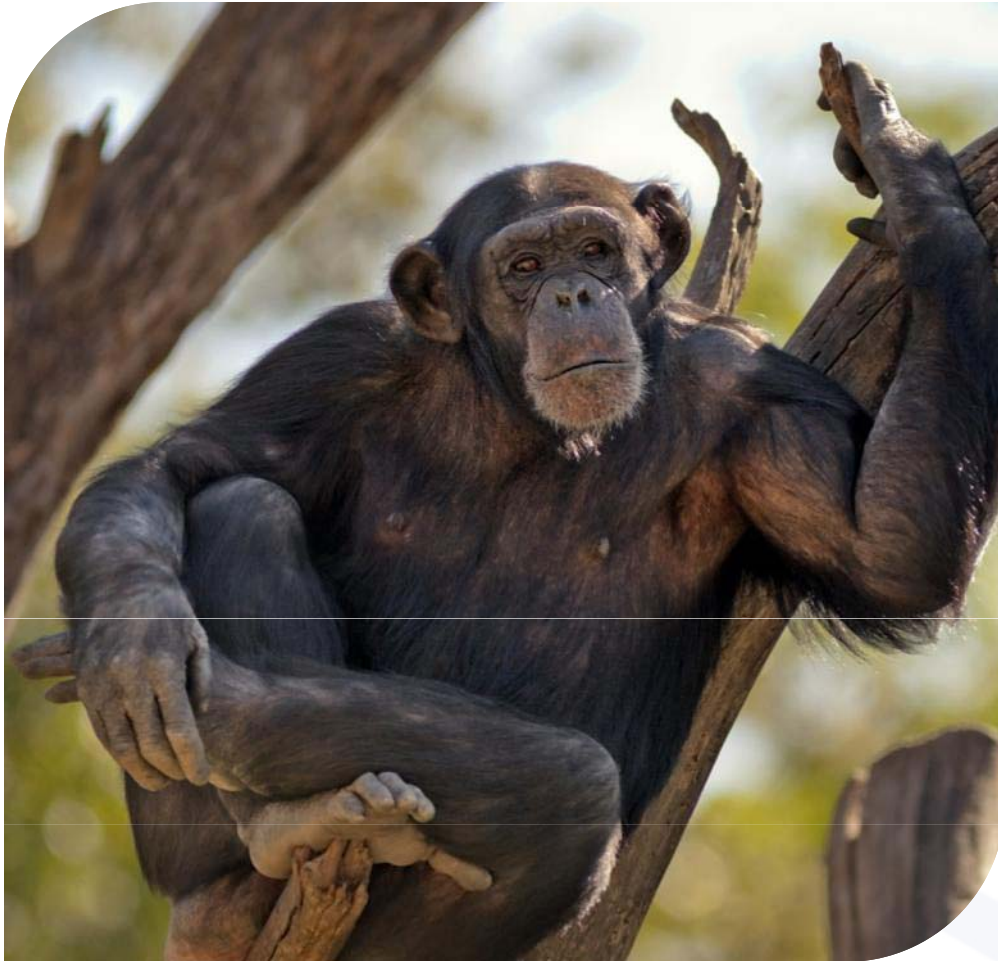


Image source: Centers for Disease Control and Prevention, 2014



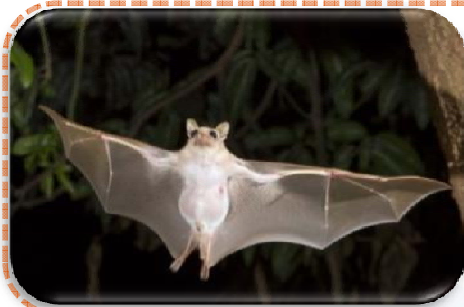
EBOLA

HOW DOES IT SPREAD

ANIMAL TO HUMAN

People can also be infected through direct unprotected contact **animals** such as gorillas, monkeys, chimpanzees.

Do not eat “**bush meat**”



Caution

The virus may live in bats.

Bats might spread the infection to primates (gorillas, monkeys, chimpanzees). In an outbreak, the “index” human case is infected after contact with the primate, and then they infect other people, leading to an epidemic.



EBOLA

SYMPTOMS

Symptoms develop 2-21 days after exposure.
Sudden onset of:

- Fever, headache
- Weakness, muscle pains
- Vomiting and diarrhoea
- Rash
- Red eyes
- Hiccups
- Bleeding – internal and external

Bleeding occurs in some cases which can lead to shock, massive haemorrhage and death. **Approximately 25 to 90 percent of all infected people die.**



EBOLA PREVENTION

Includes:

- Wearing masks, gloves, gowns, goggles
- Changing clothes and disinfecting items that may be contaminated
- Safely disposing of contaminated waste



EBOLA

DIAGNOSIS & TREATMENT

- **Diagnosis** is made through specialised blood tests.
- Staff that draw and handle blood must be trained in Ebola testing
- Only specialised labs can handle Ebola samples

- **There is no specific treatment for Ebola**
- Patients are supported with general measures (oxygen, fluids)
- Staff and family who care for Ebola patients **MUST** be trained in the proper use of appropriate personal protective equipment



EBOLA

HAND HYGIENE

Some things you touch may be contaminated with germs from other people. The germs get on your hands. They can get inside your body and make you sick if you touch your mouth, nose or eyes. You can also contaminate objects, food or cooking surfaces if you handle them with dirty hands.

Many common diseases are spread this way, including:

- Respiratory illnesses (colds, flu)
- Vomiting and diarrhoea (gastroenteritis)

Fact... Hand washing can reduce your risk of getting sick, and passing illness on to others.



EBOLA HYGIENE

- Washing your hands frequently and properly is one of the best ways to stay healthy.
- Avoid people who are obviously sick. Ideally, stay at least 1 metre (3 feet) away.
- Do NOT touch blood, body fluids or secretions
- Avoid touching your face.
- If you are sick, DO NOT travel / go to work / meet with others.

Fact...

Many diseases are spread by contaminated hands.

