



Ministry of Health

Ebola

Key Facts & Answers



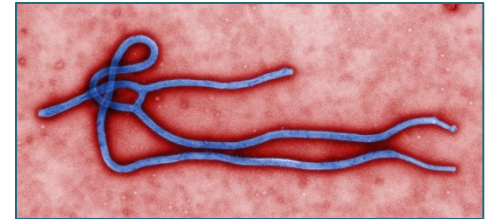
Presentation Outline

This presentation was developed by the Ministry of Health and provides basic information regarding the Ebola Virus Disease. It focuses on:

- ❑ Defining Ebola
- ❑ Listing the signs and symptoms of Ebola
- ❑ Describing the disease process
- ❑ Describing how Ebola is spread
- ❑ Listing treatment options
- ❑ Detailing prevention measures
- ❑ Identifying key roles of the public in preventing Ebola

What is **Ebola**?

- Ebola Virus Disease (EVD) is a **deadly** acute (**short duration**) infection caused by the Ebola virus.
- As much as 50% to 90% of infected persons will die
- The **disease is highly infectious and 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.



Ebola History

- Ebola Virus Disease was first discovered in 1976
- There have been several outbreaks of Ebola in the past, all concentrated and contained in West Africa
- The latest outbreak started in 2014 and is now a threat to the entire world
- Improved Global connectivity and increased travel has led to the current international spread
- The World Health Organization has now declared it an international public health emergency



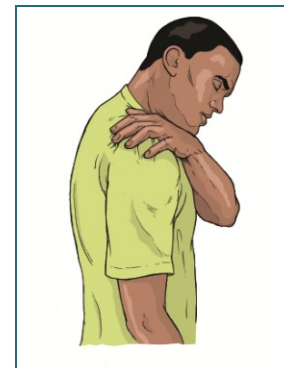
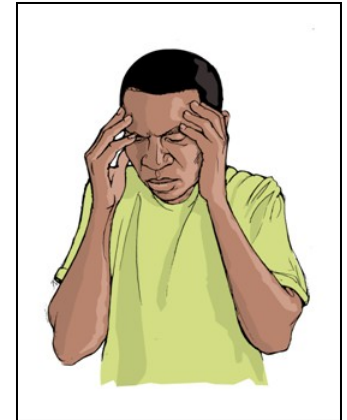
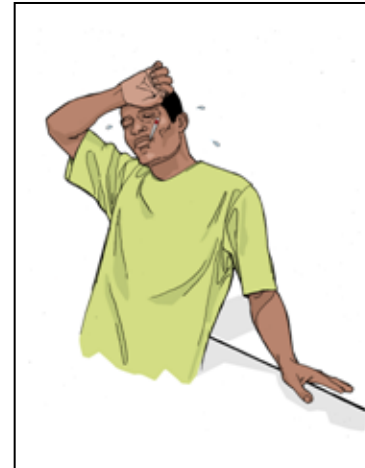
Ebola Signs & Symptoms

- The **incubation period** (the time **before** persons start showing symptoms) may last from **2-21 days**
- On average most persons with Ebola show symptoms within 7-9 days of being infected
- Persons infected with Ebola will have **early** and **late** symptoms

Symptoms continued...

- The **Early Symptoms** which are **flu-like**, commonly occur in the first few days of illness and include:

- **Fever**
- **Headache**
- **Extreme Tiredness**
- **Sore Throat**
- **Muscle pain**
- **Nausea**
- **Loss of Appetite**



Later Symptoms

- Vomiting
- Diarrhoea
- Coughing
- Hiccups
- Difficulty Breathing



**Abdominal
pain**



**Measles like
rash**



Red Eyes



Bleeding

How Ebola affects the body

Ebola Virus Disease (EVD):

- attacks every organ and tissue of the human body except the bones and skeletal muscles
- causes clotting of the blood
- leads to sluggish and inadequate blood flow to the organs
- dampens down the immune system response
- results in rapid dehydration/ loss of body fluids
- often causes extensive bleeding in most patients which results in death



Progress of the Disease

Ebola virus' typical path through a human being



**First
symptoms**

Day 7-9

Headache,
fatigue, fever,
muscle
soreness



Day 10

Sudden high
fever, vomiting
blood, passive
behavior



Day 11

Bruising, brain
damage,
bleeding from
nose, mouth,
eyes, anus



**Final
stages**

Day 12

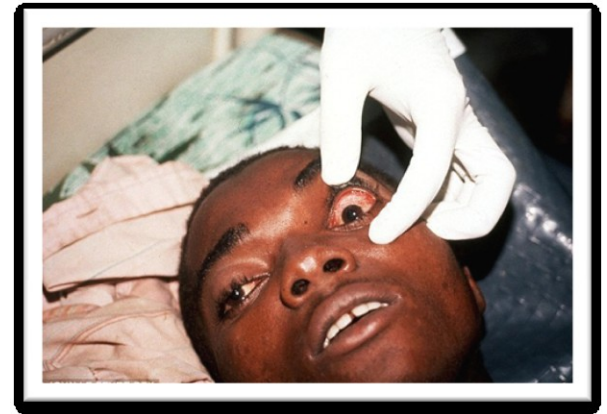
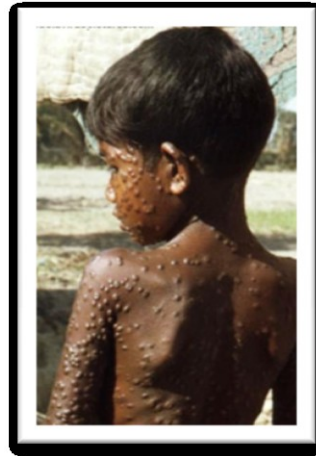
Loss of
consciousness,
seizures,
massive internal
bleeding, death

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Source: U.S. Centers for Disease and Control, BBC

Graphic: Melina Yingling

Progress of the Disease cont'd



People who recover from Ebola infection develop antibodies that last for at least 10 years, possibly longer

How is Ebola Spread?

- Ebola is **only** spread by persons who show symptoms
- Ebola is spread mainly by **person to person contact** including :
 - Close contact with infected persons **who show or have 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 Spread continued...

- Ebola enters the body through the mouth, nose and eyes, or a break in the skin.
- Ebola is also spread through sexual intercourse as the germ is found in the semen of an infected person for up to 3 months
- Contact with objects (like needles and syringes) that have been contaminated with the virus can lead to infection

Ebola Spread continued...

- Ebola is **not** spread through the air, water, or food.
- The Ebola virus lives for up to several hours on surface areas such as door knobs etc
- Hospital strength disinfectants and household chlorine bleach kills Ebola

Who is at **high** risk for Ebola?

- **Health Care Workers** who are not properly equipped or who do not follow strict work precautions while caring for Ebola infected patients are at high risk of getting the disease
- **All travellers, especially persons who travel to West Africa** and other areas with Ebola outbreak are at high risk of becoming infected with the disease



The Association of Nigerian Physicians in the Americas Blog



Image @Foot Prints Travel Blogs

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

Treatment of Ebola

- There is **no specific treatment for Ebola** but therapies aimed at rehydrating the body are used.
- Symptoms of Ebola are treated as they appear
- **Early Treatment can increase chances of survival.**
- Experimental drugs have been used with success with two persons so far
- A vaccine is not yet available.

Treatment of Ebola cont'd

Persons with Ebola are best cared for in hospitals because:

- Patients will be provided with the appropriate treatment that is specific to their symptoms
 - For example: -Rapid dehydration which is experienced by all Ebola patients is treated using equipment and special fluids only available in hospitals
- Hospitals are equipped and staffed to appropriately isolate patients thus reducing the risk of spread



Key Preventions Measures

Effective strategies for prevention include:

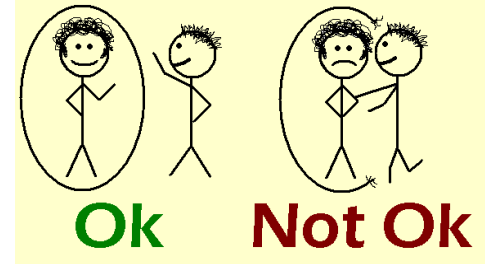
- ✓ Travel restrictions/ limits to outbreak areas
- ✓ **Prompt identification and isolation of sick or Ebola exposed persons**
- ✓ Good infection control techniques in hospitals
- ✓ Excellent and consistent hygiene and hand-washing practices by all persons
- ✓ Heightened Ebola awareness among all members of the population

Prevention Tips

- ✓ **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** contact with blood and body fluids of any person, particularly someone who is sick.

Prevention Continued...

- ✓ **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 fluids.
- ✓ **Do not** touch the body of someone who has died from Ebola.
- ✓ **Do not** touch clothes & bed cloths of people who have died of Ebola

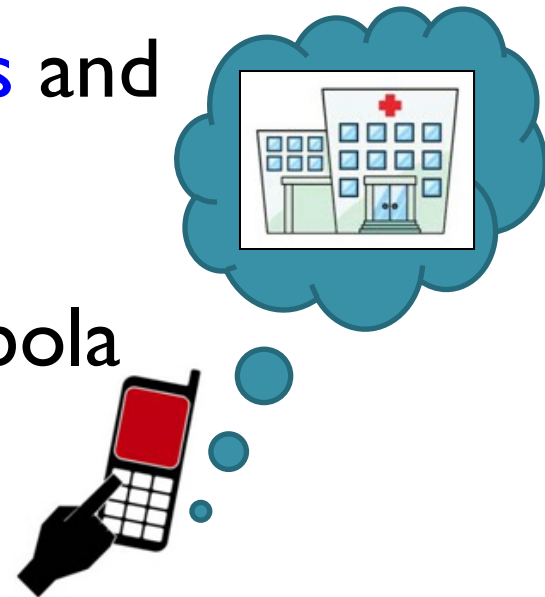
Prevention Continued...

- ✓ **Decontaminate** or **Sanitize** areas/ surfaces using **approved chlorine bleach**
- ✓ **Wash hands frequently** with soap and water or use an alcohol-based hand sanitizer.
- ✓ **Avoid physical contact** with persons who appear to be ill



Prevention Continued...

- ✓ **Avoid** crowded areas/ spaces
- ✓ **Exercise great care** and practice and good hygiene in **public spaces** including **airports** and **hospitals** and **other health facilities**
- ✓ **Report** suspected cases of Ebola to the nearest health facility, **immediately.**



Ebola Hope

- ❑ Poor African countries including Nigeria and Senegal have managed to overcome Ebola and are declared Ebola free by the WHO
- ❑ People who recover from Ebola infection develop antibodies that last for at least 10 years, possibly longer
- ❑ Vaccines and Medications for Ebola are being developed
- ❑ Prevention measures such as identification and isolation of sick persons along with good infection control and public education works

Ebola Hope – “Ebola Free Nigeria”

Nigeria’s Story is a Ray of Hope for All



Screening/ Detection

Isolation & Treatment



Decontamination



Public Education



Hand-washing & Hygiene

Your Roles and Responsibilities

- ❑ **Stay informed** about Ebola and **share correct** information with others.
- ❑ **Assess** personal risk for Ebola
- ❑ **Be on the alert** for possible Ebola cases and report any suspicious symptoms
- ❑ **Cooperate** with instructions and guidance from the Ministry of Health
- ❑ **Exercise great caution** while **showing care** and **respect** for others

Added Ebola Education Resources

Click on the links below for additional resources:

- [MOH “Ebola Signs and Symptoms” poster](#)
- [MOH “Ebola Key Facts and Answers to Your Questions” brochure](#)
- [MOH Ebola FAQ handout/ fact sheet](#)
- [MOH Ebola “Ebola:What you Should know” flyer](#)
- [MOH “Airport Ebola Advisory” Wallet-size Card with calendar](#)
- [MOH “Airport Ebola Advisory” poster](#)
- [MOH “Ebola Talk Facts” PSAs/ Videos](#)


**For more information,
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Questions & Answers

**END OF
PRESENTATION**