

Protect yourself from Ebola virus disease

Ebola virus disease is a severe, often fatal illness. The virus is transmitted through contact with blood or body fluids of an infected person or animal or through contact with contaminated objects



 If you are travelling **TO** countries of West Africa where Ebola cases have been recently reported (Guinea, Liberia, Sierra Leone or Nigeria)

DO NOT:



- Have contact with people infected with Ebola virus or have died of Ebola virus
- Handle objects that may be contaminated by the virus
- Have contact with blood and other body fluids of infected people or animals
- Eat bush meat

DO:



- Always wash your hands with soap and water
- Eat food which is well-cooked
- Seek medical attention **IMMEDIATELY** if you feel sick (fever, weakness, headache, achiness, sore throat, stomach pain, diarrhoea, vomiting, rash, or bleeding)

After returning **FROM** countries of West Africa where Ebola cases have been recently reported (Guinea, Liberia, Sierra Leone or Nigeria)

If within 21 days you develop:

- Fever
- Symptoms such as weakness, headache, achiness, sore throat, stomach pain, diarrhoea, vomiting, rash, or bleeding



Contact IMMEDIATELY KEELPNO (210-5212000, 210-5212054) for medical advice before leaving your residence