

Facts about Ebola Virus Disease: Creating an Awareness

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What is Ebola Virus Disease?

- EBV is human disease caused by Ebola viruses
- Ebola virus causes Ebola fever. The virus was named after the Ebola river in the Democratic Republic of Congo, where it was first discovered.
- It was first discovered in 1976.

Types of Ebola Virus

- There are 5 subtypes of Ebola virus:
- Ebola Zaire
- Ebola Sudan
- Ebola Ivory Coast
- Ebola Bundibugyp
- Ebola Reston found in the Philippines.
- The first four are found in Africa except E. Reston found in the Philippines which affects animal only.

Mode of Transmission

- Ebola virus get transmitted through direct contact with the bodily fluids of an infected animal or human.
- These include blood, saliva, sweat, semen, vomit, urine, or faeces.
- According to WHO, the virus can also be contracted by handling a sick or dead wild animal previously infected.
- Ebola CAN'T be spread like flu through casual contact or breathing in the same air. Patients are contagious only once the disease has progressed to the point they show symptoms, according to the WHO.

Symptoms

- Once exposed to the virus, symptoms begin to manifest from the 2nd day.
- The onset of the illness is rapid with the initial symptoms like that of a common flu infection and include:
- Fever, headache, sore throat, joint and muscle weakness.
- As Ebola fever progresses, the symptoms become more severe and include:

Symptoms Cont'd

- Vomiting
- Diarrhoea
- Redness in the eyes.
- Swelling of the genitals.
- Internal and external bleeding.
- Bleeding rash over the entire body.

How is Ebola fever diagnosed?

- Ebola fever is diagnosed using blood tests to detect the virus in the blood.

How is Ebola Fever Treated

- There is no cure for Ebola fever.
- The only available treatments are those meant to help to ease symptoms. These may include:
 - Oxygen therapy
 - Intravenous fluids
 - Blood transfusions
 - Medications to treat shock
 - Pain medications.

Prevention

- You can lower your risk of becoming infected with the Ebola virus by;
- Avoiding locations where it is found ,especially during outbreak of Ebola fever. E.g (Guinea, Liberia and Sierra Leone.)
- Avoid handling live or dead wild animals e.g forest antelope and fruit bats.
- Wear special protective clothing (gown, full face mask & eye goggles) if you are around a person with Ebola fever.

Prevention Cont'd

- Presently, there is no human vaccine against Ebola virus infection, the best approach against Ebola virus disease is to isolate quickly infected person while advocacy measures should be stepped up to generate public awareness .
- The use of good antibacterial disinfectant in public places like schools, hospitals, restaurants etc should be encouraged .

Questions

- For questions about Ebola Virus, please send a text to the number below and get answers. No Calls Please!
- This line will be available for 48 hours only.

080-660-62-876

Thank You
and
stay clean

Reference

- World Health Organization
www.who.int/en/
- Center for Disease Control
www.cdc.gov