Control Measures
To prevent you from becoming infected there are a few golden rules which you should try and follow

You Should
Understand Ebola’s Symptoms
Know the Local Medical Facilities
Understand where Ebola outbreaks took place
Drink only bottled water
Eat only thoroughly cooked meat
Cover up all cuts and abrasions
Regularly assess your colleagues
Using Anti-Bacterial wipes, Clean Hands regularly
Monitor Public Health Channels Regularly
Use disposable consumables Towels, Cutlery, gloves, wipes etc

Avoid
Infected Areas
Crowded places
Funerals
Dirty and unsanitary Latrines/Toilets
Dead animals
Sewers and Waste
Shaking Hands
Using towels and other items in toilets

Safety Advice
Monitor Local Health Channels
info@securebio.co.uk
USA Number 800-CDC-INFO (800-232-4636)
Div of Preparedness and Emerging Infections: USA 404-639-0385

Ebola Aide-Memoire
What is Ebola
Ebola Virus (EVD) is an infectious disease with no known cure or Vaccine, it is extremely harmful with up to a 90% mortality rate. Human to Human Transmission is through bodily fluids (Blood, semen, saliva, waste etc). The incubation period for Ebola is 2-21 days, however, individuals can transmit the disease whether they display the symptoms or not.

Facts
• First Discovered in 1976
• Different Strains
• Current Strain Zaire
• Incubation Period 2-21 Days
• In Infectious for up to 7 weeks
• No Vaccine or Cure
• 90% Mortality Rate

Methods of Transmission
Ebola is transmitted via body fluids and eating infected meat. The primary methods of transmission are likely to be:

• Touching infected people or animals
  Avoid touching people and animals where possible. If it occurs, wash your hands or the area affected with Anti-Bacterial wipes as soon as reasonably possible.

• Sexual Intercourse with Infected people
  Un-Protected and casual sexual intercourse is a common means of transmission, the practice of safe sex is critical in limiting the spread of Ebola.

Fluid transfer from infected people
Maintenance of a personal buffer zone of approximately 1-2m will reduce the likelihood of fluids from an infected person transmitting fluids via sneezing, coughing to you.
• Eating infected meat

All meat should be from a known good source and be thoroughly cooked. Ebola virus can survive in the blood of meat. Correct cooking kills the virus in the meat.

• Treating infected people

Only correctly trained and equipped personnel should be treating infected personnel. If family members are suspected of being infected, isolate them and inform medical services.

• Attending funerals of victims

Local practices and traditions may have to be put to one side to ensure this disease is eradicated. In the past, many of those attending funerals have become victims.

• Open/uncovered cuts or abrasions

It should be normal practice to cover all cuts or abrasions with a plaster or dressing. A small amount of antiseptic cream on the wound helps prevent infection. Have sleeves down and wear full length trousers.

• Touching infected human waste

Waste and feces are a breeding ground for many diseases. Avoid any physical contact. Exceptional hygiene standards should be maintained. Do not use towels or other implements in the toilets, use your Anti-Bacterial wipes and wash hands with your sanitizer Hand Gel.

*Note* It is vital that you continue to maintain extremely high levels of hygiene, best practice and common sense to reduce the risks of other illnesses such as; Malaria, Food Poisoning, Typhoid, Rabies etc). You should also check your current Vaccinations are up to date.

**Symptoms**

The symptoms of Ebola are very similar to other diseases, but like all diseases, the earlier it is identified the quicker the patient receives medical treatment and/or isolation.

To assist you in remembering the symptoms, use “FEVER-DIMINISH”

- **F** Fever
- **E** Excessive Sweating
- **V** Vomiting
- **E** External Bleeding (Eyes, Nose)
- **R** Rash
- **D** Diarrhoea
- **I** Intense Weakness
- **M** Muscle Aches
- **IN** Internal Bleeding
- **I** Impaired Liver, Kidney Function
- **S** Sore Throat
- **H** Headaches

**If You Notice These Symptoms in Yourself or Others**

Inform your Management (Initial Notification)
Seek Medical Advice
Avoid contact with others
Continue with Control Measures

**DRINK BOTTLED WATER**

If you believe you may have been in DIRECT contact with

**Ebola**

“Do Not Panic”
Strip and Self Scrub (Top to bottom)
Inform Management
Seek Medical Attention
Avoid contact with others
Continue with Control Measures