WHAT YOU NEED TO KNOW

about Ebola

This information is for learners and teachers. Please share it with others!

Ebola is a serious illness caused by a virus. It can cause people to get very sick and even die.



You can get Ebola:

- If you touch any body fluids that come from a sick person's body, like drops of blood, urine (pee), saliva (spit), poo, or other fluids
- If you touch sheets, blankets or other things that a sick person has used and touched.





Is there Ebola in South Africa?

NO, at the moment there is no Ebola in South Africa – but we all have to look out.

If a person gets sick, they must tell a health worker immediately if they:

- have recently visited a country with confirmed Ebola cases
- know someone who has Ebola.

This will stop it spreading if it does come to South Africa.

Anyone
who gets sick
from being in
a place where
there's Ebola must
be kept away from
all other people
right away.
Ebola is mainly in
west Africa, which
is 6 000 km
away from
South Africa.

How can you tell if someone has Ebola?

At first the person has a fever and headache, and just feels tired, with aching bones and joints. Then they start getting more sick with diarrhoea, vomiting and sometimes even bleeding.





What will happen if someone in South Africa gets Ebola?

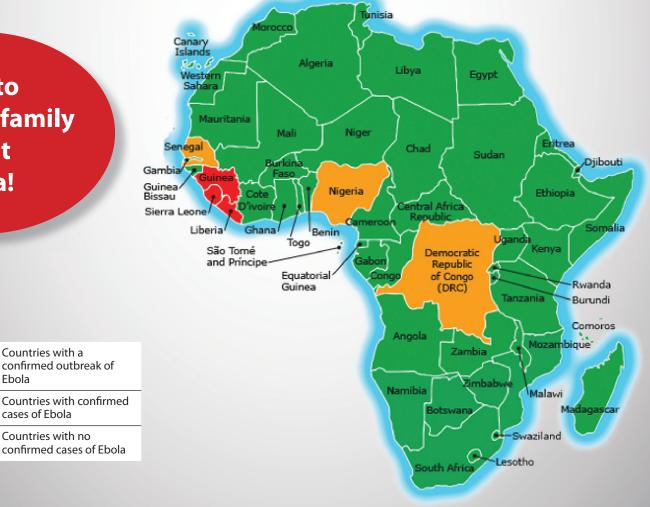
The person will be placed in hospital and people they have had contact with will be kept away from other people. There will be a follow up for any signs of the illness. There is no specific medicine for Ebola so the hospital treatment is what we call supportive: we replace lost fluids and help with feeding and temperature control.

What can I do?

- Wash your hands often.
- Don't touch people who are sick.
- Wash your hands before eating, after going to the toilet, before cooking, after touching anyone who is sick, and at other times too.
- Make sure your family does the same.



Talk to your family about Ebola!





Countries with a confirmed outbreak of

cases of Ebola Countries with no

confirmed cases of Ebola

Fbola

For further information call the **National Health Operations Centre** at 012 395 9636/7