



Standard Operating Procedures for Ebola Virus Disease Contact's self care

These SOPs are designed to assist health personnel in teaching contacts of patients infected with Ebola Virus Disease (EVD) on steps to take to protect themselves should they become sick, as well as some general advice. They should be used along with instructions for identifying symptoms and infection prevention and control.

Self care instructions to contacts of Ebola Virus Disease patients.

If you start to feel ill,

1. **Seek medical care as soon as possible.** Let health workers know that you have been exposed to Ebola Virus Disease (EVD).
2. **Do NOT use aspirin or ibuprofen.** These drugs are called non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs should be avoided because they can make bleeding worse. Examples of NSAIDs are aspirin, ibuprofen (Motrin), diclofenac. You may take paracetamol (Panadol) if you want medication for pain or because you are bothered by a fever.
3. **Drink fluid- what to drink.** Drinking oral rehydration solution (ORS) is very helpful, especially if you have diarrhea. You are losing many nutrients in the diarrhea. If you do not have an oral rehydration solution (ORS) packet, you can make your own ORS. In 1 liter of clean water, add 6 teaspoons of sugar and ½ teaspoon of salt, and if on hand 1 cup of orange juice or a mashed banana. Water from boiled rice also can be used with juice or banana.
4. **Drink fluid- how much to drink.** If you have diarrhea, you should try and drink as much fluid as you are losing. Adults should try to drink at least 4 liters a day of clean water mixed as described above, until you can be helped by a healthcare worker. You may need much more water. If you are not urinating, you are not drinking enough water. Having very dark urine is another sign that you need more clean water to drink.
5. **Drink fluid- needs of children.** Children, especially very young children, may use less water, but they also are more susceptible to problems from water loss. Parents must be very careful to help their children with getting clean water as they bring their children to medical care as quickly as possible. Children also should use ORS. Breastfeeding may transmit EVD to either the child or the mother. Children



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who are ill while being followed as a contact of an EVD patient should not breastfeed until evaluated by a health worker. Use formula or the solutions described above.

6. **Wash your hands. Remind those around you to wash their hands also.** Use soap and flowing water. Do not share a toilet, toothbrush, or other personal items with others.
7. **Practice safe sex.** Use condoms or abstain from sex if you feel ill.

Whether ill or not, protect others,

1. **Wash your hands frequently with soap and flowing water.** Pay special attention to this before preparing food or drink and after using the toilet.
2. **Do not share needles or any other objects which break the skin.**
3. **Do not donate blood.**