



Prevention of Ebola Virus Diseases in South Sudan

- ◆ Ebola Virus disease outbreak has been declared in the Democratic Republic of Congo.
- ◆ South Sudan is taking serious measures to prevent entry of this disease into the country.

What is Ebola Virus Disease?

- ◆ **Ebola Virus Disease (EVD)** is a severe illness caused by **Ebola virus** and often fatal in humans and animals (monkeys, gorillas and chimpanzee).

How is Ebola Spread?

- ◆ Ebola spreads through direct contact with body fluids such as blood, saliva, vomitus, urine, stool, semen and sweat of infected people or animals, and with surfaces and materials (e.g. bedding, clothing) contaminated with these fluids.

Who is at risk of Ebola?

- ◆ Everyone is at a risk but most especially those who have recently travelled to DRC and been in contact with sick people; health workers and hunters.

What are the signs and symptoms of Ebola?

- ◆ Ebola causes sudden onset of **high fever, extreme tiredness, headache, body pain, loss of appetite**. Some patients may experience **unexplained bleeding** in the advanced stage of the disease.

Prevention

People can protect themselves from infection with Ebola virus by following specific infection prevention and control measures. These include:

- ◆ Reporting to the nearest health facilities if you or a family member develops the symptoms of Ebola.
- ◆ Always washing your hands with soap and clean water especially after every contact with sick people.
- ◆ Avoiding direct physical contact with suspected Ebola patients.
- ◆ Avoiding contact with the bodily fluids of individuals who are suspected of or confirmed to have Ebola.
- ◆ Refraining from handling or preparing dead bodies of persons who are suspected of or confirmed to have died from Ebola without protective materials.
- ◆ Avoiding contact with and eating dead wild animals, especially monkeys.

*The Ministry of Health urges everyone to be vigilant and keep Ebola out of South Sudan.
For more information contact your nearest health worker.*