



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH



FEVER



VOMITING
Sometimes bloody



DIARRHOEA
Sometimes bloody



BLEEDING



**MUSCLE OR
JOINT PAIN**



SKIN RASH

**FREQUENTLY
ASKED
QUESTIONS ABOUT
EBOLA**



World Health
Organization



for every child

Ebola and Human Transmission

1. What is Ebola?

Ebola is a killer disease caused by a virus. Ebola virus is spread by contact with bats and monkeys and also by contact with a person infected by the Ebola virus. Ebola spreads quickly from person to person, kills in a short time BUT can be prevented. With early medical treatment the death rate can be significantly reduced.

2. Is an infected person contagious even if symptoms have not appeared?

A person infected with Ebola is not contagious before the symptoms appear. The incubation period is 2 to 21 days.

3. What are the signs and symptoms of Ebola?

A person suffering from Ebola presents the following signs and symptoms:

- High fever (brutal and prolonged)
- Abdominal pain
- Joint or body pain (especially the chest)
- Difficulty in swallowing
- Headache(s)
- Nausea, vomiting (can be bloody)
- Diarrhea (can be bloody)
- Dehydration (no tears, dry tongue, sunken eyes).
- Rash
- In some cases bleeding from the mouth, eyes, nose, ears, anus.

It is important to note that a person is contagious only when they begin to have one or more signs of the disease.

4. Can a person with Ebola survive?

Yes, the chances of survival increase significantly if an infected person seeks medical treatment.

5. If a person infected by Ebola survives, is she/he contagious?

No, before returning home, Ebola patients WILL have their blood tested in the laboratory to ensure the virus is no longer in their body. However, people who have recovered from the illness should NOT have sex for at least three months unless they use condoms.

6. Can Ebola be transmitted by saliva?

Yes. The Ebola Virus can be transmitted by saliva and other bodily fluids such as stool, urine, semen, vaginal secretions, runny nose, as well as blood. When these fluids get in contact with broken skin, the eyes, or the mouth of other people, they can get the Ebola virus.

7. Can Ebola be transmitted by sweat?

Yes. Any body fluids of an infected person including sweat have the Ebola virus.

8. Can Ebola be transmitted by shaking hands?

Yes, shaking hands with a person infected with Ebola transmits the disease.

9. How should I greet people, if the hand shake is not recommended?

Hand shaking should be avoided as it is a risk during an Ebola outbreak or before a potential outbreak. You can greet people by waving to them or acknowledge by shaking your head. It is very important to wash your hands with soap and clean water regularly.

10. What distance do I need to keep away from people suspected of having Ebola?

Specific distance does not matter. Ebola is transmitted by contact with body fluids from an infected person. However, if you know any person suspected of Ebola, please report to the nearest health facility as soon as possible and listen to the advice from the health workers. Avoid touching and handling objects that have been used by a person suspected of having Ebola.

EBOLA AND ANIMAL TRANSMISSION

11. Why should I not eat bush-meat?

Do not eat bush-meat during an Ebola outbreak. Wild animals are the source of the Ebola virus. Monkeys, chimpanzees, bats or all dead animals found in the bush must NOT be touched or eaten.

12. If bush-meat is well cooked, is it safe?

No, because during the hunting, slaughtering and preparing bush-meat people are exposed to the Ebola Virus. That is how the transmission occurs and why people should avoid bush-meat.

13. Can I eat smoked bush meat?

No, because during the hunting, slaughtering and preparing bush-meat people are exposed to the Ebola Virus. That is how the transmission occurs and why people should avoid bush-meat.

14. Do I need to avoid all bush-meat or just monkey and bat meat?

During an Ebola outbreak, avoid all bush-meat because it is very dangerous and can infect you with Ebola.

15. Can Ebola be in chickens, goats or cows?

No. There is no evidence linking Ebola and domestic animals such as chickens, goats and cows. It is only bush-meat that is dangerous.

16. Should I stop eating fish too?

No, fish is very safe. There is no evidence linking Ebola and Fish

17. Can I get Ebola through contact with urine and droppings of bats?

Yes, bats are a carrier of the Ebola Virus. You can get Ebola if you are in contact with urine and/or droppings of infected bats. Avoid contact with bats and their body fluids including droppings before and during an Ebola outbreak.

18. During the rainy season, there are many bats and they feed on mangoes. Do I stop eating mangoes?

No, you can continue eating mangoes but wash them before eating. Do not eat mangoes that have been bitten by bats.

TREATMENT OF EBOLA

19. What do I do if I think I have Ebola?

You must go immediately to the nearest health facility for assessment and treatment.

20. Where can I buy medicine to treat Ebola?

There is no medicine or vaccine for Ebola. Go to the nearest health facility for early treatment if you think you have Ebola. Your chances of survival and recovery are much higher if you seek early treatment and care from qualified health workers.

21. I have heard that people are injected and killed at the health facility. Is this true?

That is a false rumor. Although people do die of Ebola some patients recover. Chances of survival are greater the earlier treatment begins. All Ebola patients receive the best medical care and treatment possible. The medical team is working hard to save their patients and to have them returned to their families. At the health facility the medical team treats Ebola by:

- Lowering the fever
- Reducing the Pain
- Providing good nutrition
- Rehydration
- Infection control

BELIEFS:

22. Is it true that a mix of ginger, honey, garlic, onion and vinegar can cure Ebola?

No, it is not true. There is no home remedy but there is treatment for Ebola. You must go to the nearest health facility for proper management and treatment if you or someone you suspect has an Ebola infection. Your chances for survival are much higher at a treatment center than at home.

23. We have heard that drinking alcohol prevents Ebola virus transmission. Is this true?

No, it is not true. Alcohol does not prevent Ebola. In fact, excessive consumption of alcohol is harmful to your body.

24. Is it true that Ebola is a curse?

No, it is not true. Ebola is a viral disease transmitted to humans from wild animals. It can also be spread from an infected person to another person.

REPORTING

25. Can I call a hotline or send an SMS to report suspected cases of Ebola?

Yes, call +256 772-999668 or +256 750-996034 or send a FREE SMS to 8200 to report any suspected case of Ebola. You can get more information on Ebola on these numbers. You should also report any suspected case to the nearest health facility as soon as possible.

26. How effective is the surveillance system in Uganda?

There is an effective surveillance system in place that can identify any suspected Ebola case occurring anywhere in the country. The country also has capacity to test for Ebola virus at the Virus Research Institute in Entebbe.

27. Can I care for a suspected person with Ebola at home?

No, you are endangering the lives of your loved ones, your own life and those of the community, because the disease can easily spread from one person to another. Persons infected with Ebola must be treated/cared for at the health facility/hospital

GOVERNMENT RESPONSE

28. What system has the Government put in place to screen people entering Uganda?

The Ministry of Health is working on distributing assessment questionnaires to all travellers entering Uganda. Health Officers at the points of official entrance in Uganda have been trained on Ebola and are able to identify any suspicious cases on arrival.

29. What plans does the Government have to send information about Ebola to the rural population?

The Government has conducted sensitization meetings with religious leaders, school authorities and community based organizations. Thus information will be provided to the rural population from numerous sources. Communication materials such as posters and fact sheets have also been developed and disseminated nationwide. TV, Radio and SMS will also be used to reach rural communities. The Government of Uganda is supported in these activities by international and national health organizations and partners.

30. Does the Government plan to close the borders with DRC, South Sudan, Tanzania, Kenya and Rwanda?

No. Currently, there is no plan for closing the borders. The Government is conducting weekly teleconferences with neighbouring countries to exchange Ebola information and for better coordination. Closing the borders with neighbouring countries might be dangerous as it might lead to the increase in the use of illegal entry points that would defeat efforts to screen people entering Uganda.

Report all suspected cases to the nearest health facility immediately. For further information send a **FREE SMS** to Ureport on: **8500** or call **toll free** on: **0800 100066**

