

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 Ebola
- Countries with confirmed cases of Ebola
- Countries with no confirmed cases of Ebola



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