Steps to Protect from Ebola While You Wait for Help

Flipbook for Sierra Leone

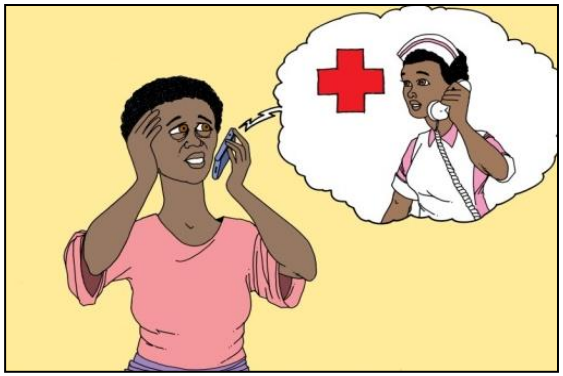
Remember Three Things

No touch

Isolate the sick person

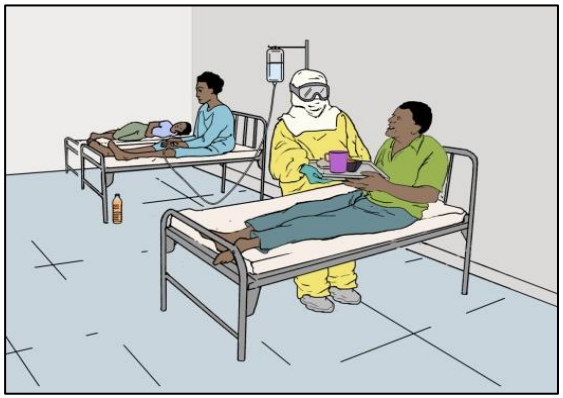
Call 117

If You Think Someone Has Ebola, Call 117 Right Away

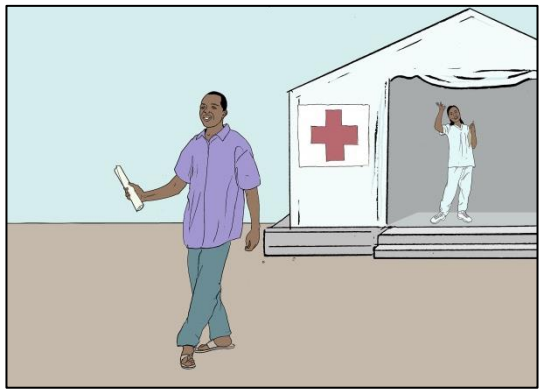


Dial **117** for help getting the sick person to a care facility

Wait for an ambulance. DO NOT take a taxi or motorbike



The sick person will get the best care and medicine at the facility

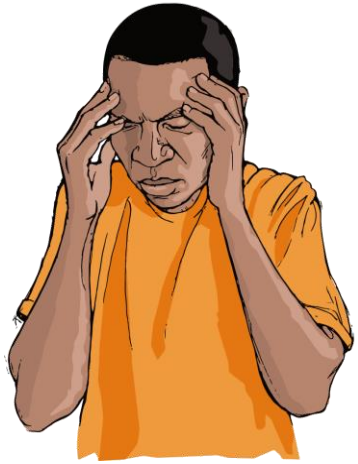


Early care at the facility can help the sick person survive Ebola

Signs and Symptoms of Ebola

Fever that starts quickly

Tiredness



Headache

Pain in the body

Vomiting

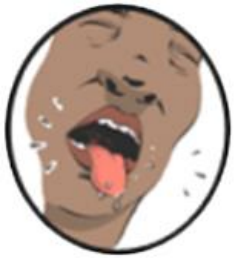
Diarrhea

Unexplained bleeding or bruising

How Do People Get Ebola?

Ebola is spread by contact with blood or body fluids from a person who is sick or who has died.

Body fluids


spit

sweat

vomit

tears

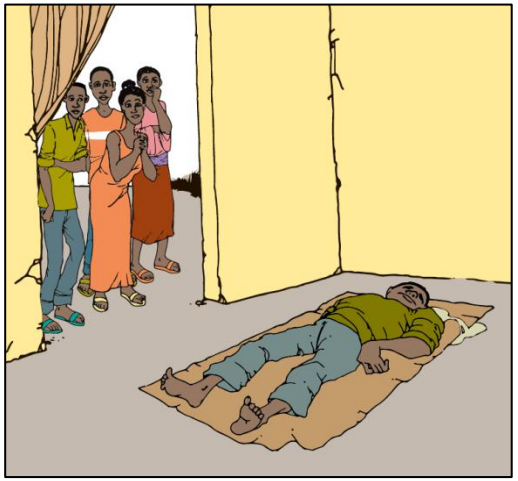
poo and pee

snot

blood

semen and vaginal fluid

Someone who has died

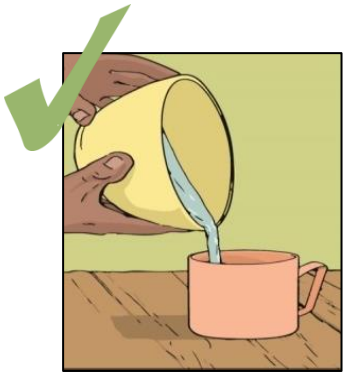


Things a sick person has touched

While You Wait, Give “No Touch Care”

DO choose one person to help the sick person

DO separate the sick person. Give the sick person their own clothes, blankets, eating utensils and waste container



DO pour fluids or put food onto the sick person’s cup or plate without touching, lifting, or moving it

DO keep everyone at least a meter (an arm’s length) away from the sick person

While You Wait, Do Not Touch

DO NOT touch a person who has died. Dial 117 for help

DO NOT touch the sick person's things

DO NOT put pills in the sick person's hand or mouth

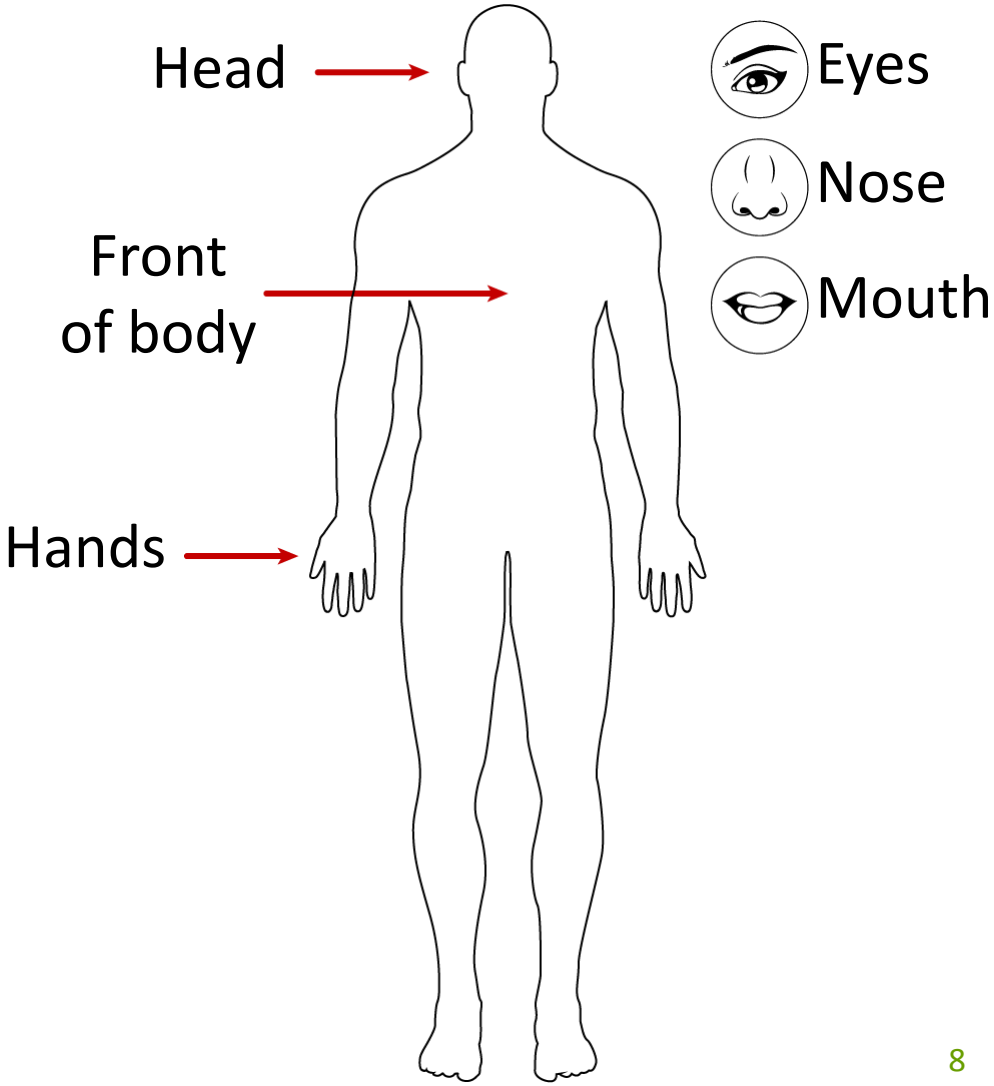
DO NOT face the sick person. Stay to the side or behind them

If You Must Touch, Cover Yourself

If you must touch the sick person, their body fluids, or items the sick person has touched, be sure to protect yourself.

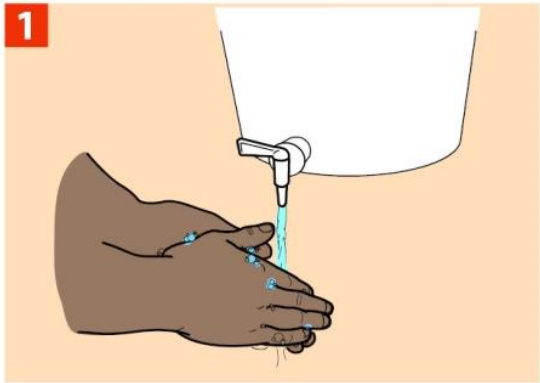
- **Important: Always remove and dispose of used gloves. Do not reuse gloves.**

It is important to cover:

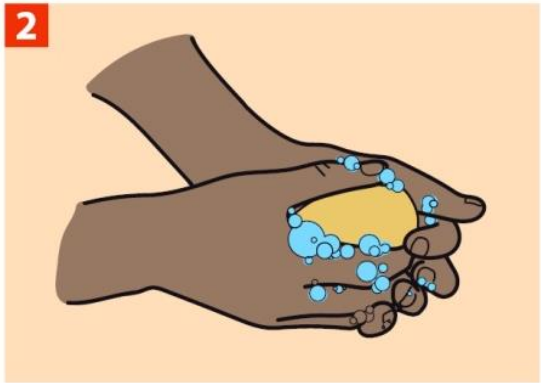


How To Wash Your Hands

- Wash your hands with soap and water for 20-30 seconds.
- If soap and water are not available, use hand sanitizer or chlorinated water.
- **If your hands are visibly dirty**, use soap and water to wash your hands for 40-60 seconds (hand sanitizers will not work for this).

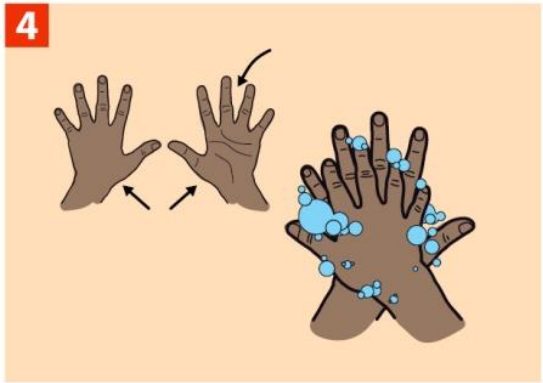


Wet hands with water.

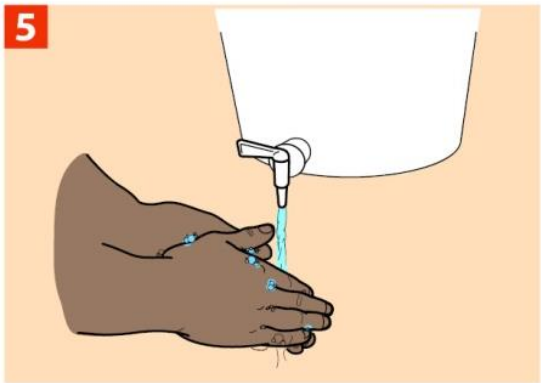


Apply enough soap to cover all hand surfaces.

Rub hands together and scrub everywhere.



Wash the front and back of your hands and in between your fingers.

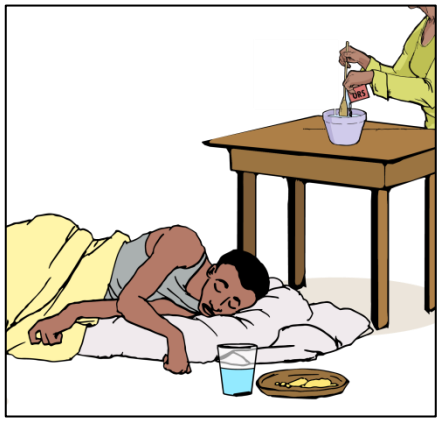


Rinse hands with water.

Dry hands completely using a single use towel or air dry.

Wash Your Hands with Soap and Water

After



Helping a sick person, **before** you leave their area

Touching other people

Cleaning

Using the latrine

Before

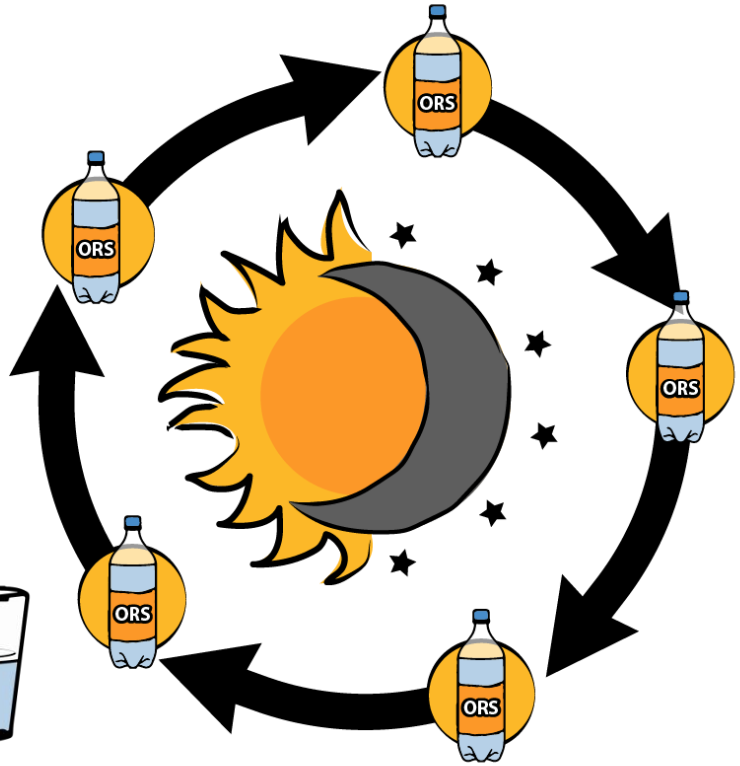
Preparing ORS

Cooking

Eating

Giving Oral Rehydration Solution (ORS) Saves Lives

- Give ORS as soon as Ebola symptoms start
- **ORS should be given many times throughout the day and night**
- Give sick people as much ORS as they will drink
  - If you need to feed someone ORS, wear gloves and do not touch the sick person or their things
  - Stay to the side and do not face the sick person
  - If they're small or weak, you might need to feed them the ORS with a spoon
  - Sick adults may need 5-12 liters of ORS a day
- Stop ORS if vomiting and diarrhea stop



Making and Storing ORS

Mix 1 ORS sachet with 1 liter of clean water

Pour the ORS into the sick person's cup **without touching** the cup

- Store ORS in a covered container
- Throw away unused ORS at the end of each day

Avoid Cleaning Up After a Sick Person!

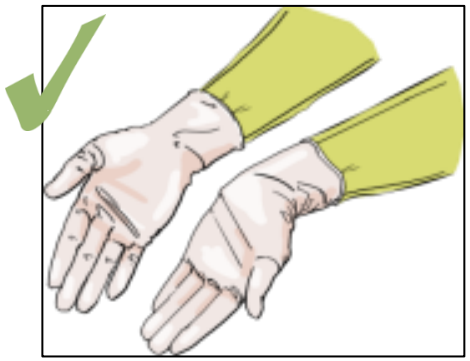
Cleaning up after sick people can spread Ebola, even if you try to be careful

Touching a sick person, their things, or their body fluids can spread Ebola

Call the decontamination team

For help finding a decontamination team in your area, CALL 117

If You Must Clean Up



COVER YOUR SKIN, especially your hands. **Wear gloves if you have them**

Covering your skin will not always protect you from Ebola, but it can help

Use strong (0.5%) **chlorine solution** if you must clean up after a sick person

DO NOT splash or spray. Move slowly

DO NOT wipe surfaces with a dry towel

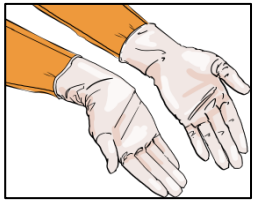
DO NOT pour chlorine directly onto a spill; this can cause splashes

DO NOT reuse towels

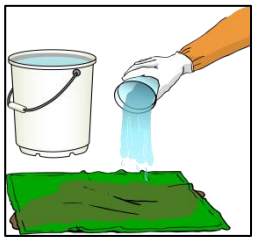
DO NOT dip a dirty towel into a bucket of chlorine; it will make the chlorine less effective

If You Must Clean Up: How to Clean Body Fluids and Waste

Steps for Cleaning and Disinfecting Body Fluids



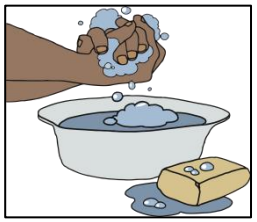
1. Cover your skin, especially your hands. Wear gloves if you have them



2. Lay a dry towel over the mess
3. Pour chlorine solution onto the towel.

4. Wipe up the mess with the wet towel

5. Using **a different towel**, disinfect the area with chlorine. Wait 15 minutes



6. **Wash covered (gloved) hands with chlorine**, then wash bare hands with soap and water

How to get rid of waste

- Leave contaminated material like soiled towels in bags near the sick person
- The decontamination team will remove it
- If you must remove it yourself, burn it

Remember Three Things

No touch

Isolate the sick person

Call 117