Steps to Protect from Ebola While You Wait for Help
Remember Three Things

- No touch
- Isolate the sick person
- Call for help
If You Think Someone Has Ebola, Call for Help

Call 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
Feeling tired
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

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** pour fluids or put food onto the sick person’s cup or plate without touching, lifting, or moving it
- **DO** separate the sick person. Give the sick person their own clothes, blankets, eating utensils and waste container
- **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. Call 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 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:**
- Head
- Eyes
- Mouth
- Nose
- Front of body
- Hands
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).

1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands together and scrub everywhere.
4. Wash the front and back of your hands and in between your fingers.
5. Rinse hands with water.
6. 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

Cleaning

Using the latrine
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 packet 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
## 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 strong (5%) chlorine solution onto the towel.

4. Wipe up the mess with the wet towel.

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

6. Wash covered (gloved) hands with chlorine solution, then wash bare hands with soap and water. Be careful not to splash. Be sure to move slowly.

### How to get rid of waste

If you must remove it yourself, burn it.
Remember Three Things

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- Call for help