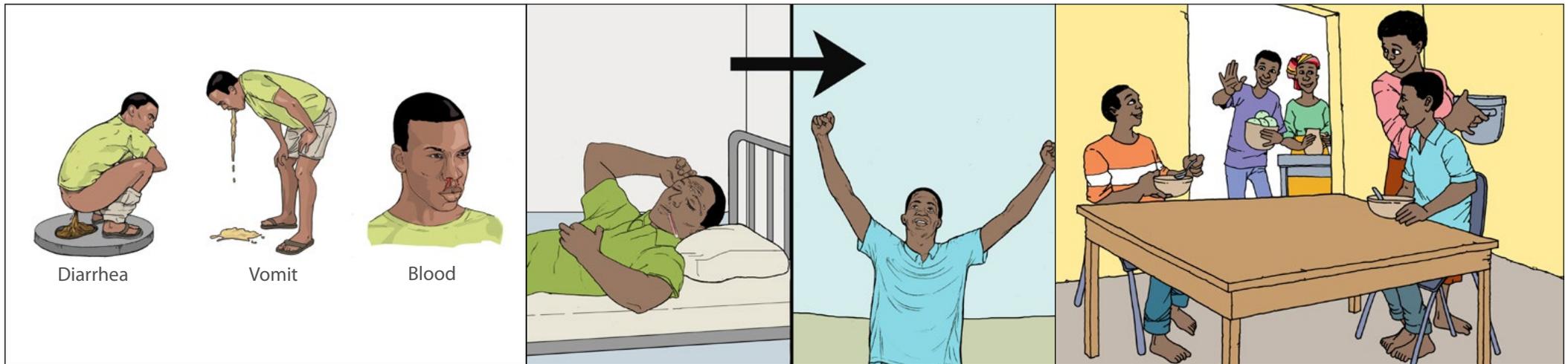


What To Know About Ebola

For Liberians Living in the United States

Remember these things

1



Ebola is spread by direct contact with blood and body fluids.

People do survive Ebola. Tell your friends and family to get care early if they develop symptoms – this is the best way to protect themselves, their family, and their community.

Someone who survives Ebola is safe to be around – support your community's survivors.

Traveling to Liberia

2



If you travel to Liberia, protect yourself and others by practicing good hygiene and not touching blood and other body fluids.



If you develop symptoms, call **4455**.

Protect yourself and others

3



Wash your hands often with soap and water or an alcohol-based hand sanitizer.



See a doctor **BEFORE** your trip to get medicine to prevent malaria and other diseases.

Protect yourself and others

4



Do NOT touch blood and body fluids of others (pee, poop, spit, vomit, sweat, semen).



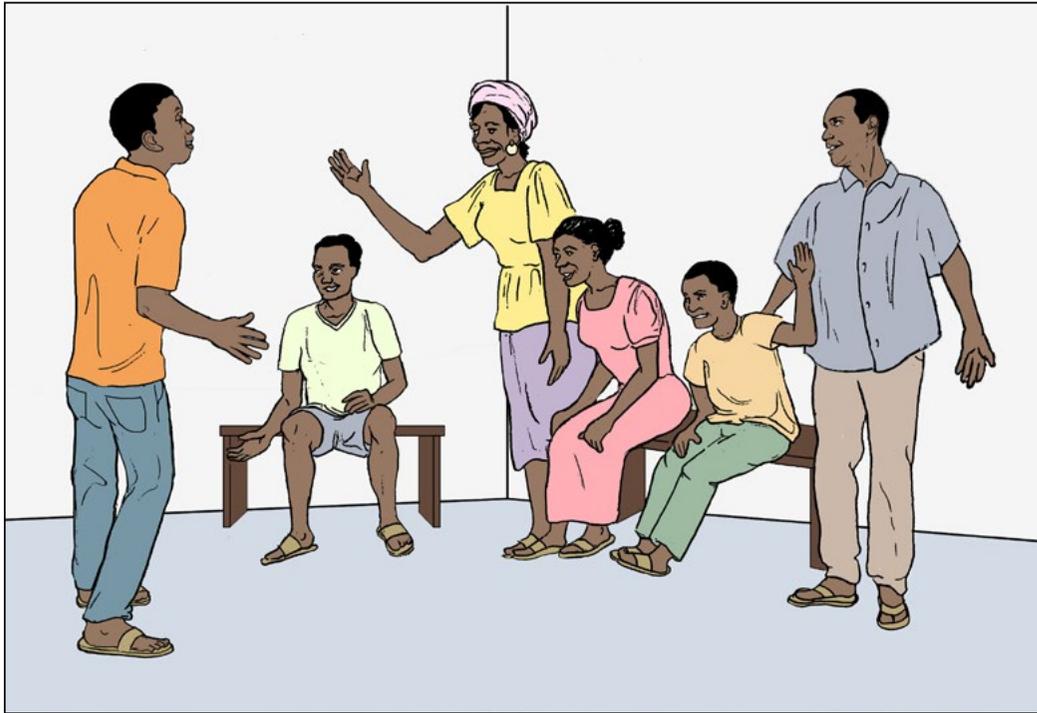
Do NOT touch items that could have a sick person's blood or body fluids on them (bedding, needles, medical tools).



Do NOT touch the body of someone who has died of Ebola.

Friends or family arriving from Liberia

5



Know that your friends and family members are not a risk as long as they don't have symptoms.

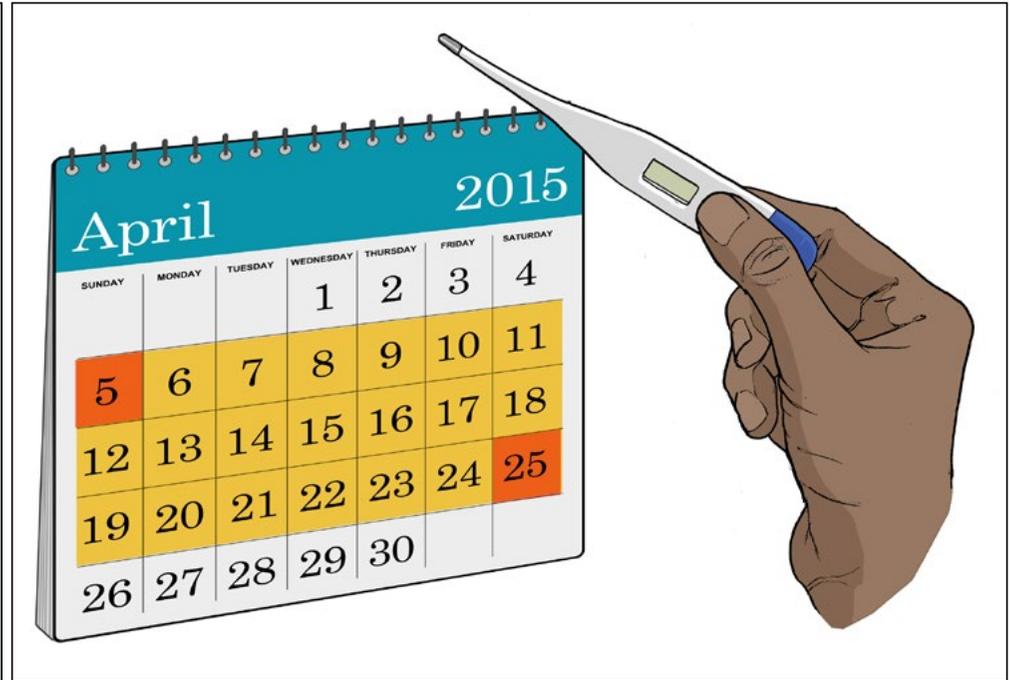


If your friend or family member develops symptoms of Ebola, they need to go the doctor right away.

Friends or family arriving from Liberia



If you have friends or family in Liberia, make sure they know they shouldn't fly if they are sick or have been exposed to Ebola.



Tell your friends and family to watch for fever and other Ebola symptoms for 21 days.

Friends or family arriving from Liberia

7



Don't be afraid to get medical care to protect yourself, your family, and your community.

If you are from Liberia

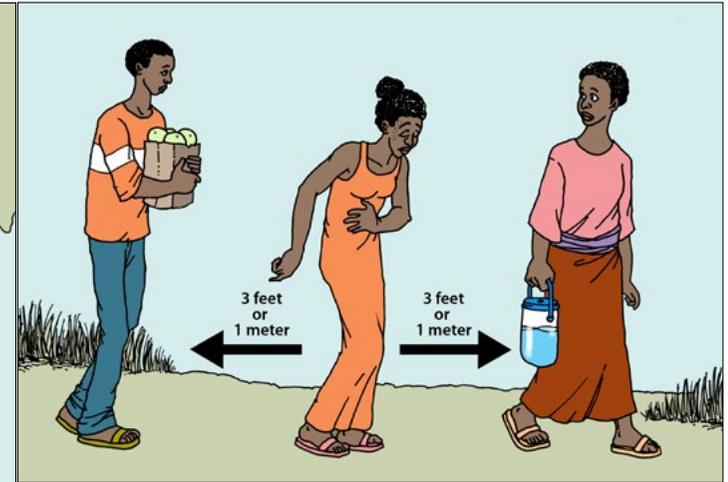
8



It's OK to be afraid of Ebola. This is a scary disease that has hurt a lot of people.



People from West Africa are not more likely to get Ebola than anyone else.



If you have friends or family in Liberia, encourage them to protect themselves.

Tell your friends from Liberia

9



Wash your hands often with soap and water or an alcohol-based hand sanitizer.



Call 4455 if they have symptoms of Ebola.

Tell your friends from Liberia

10



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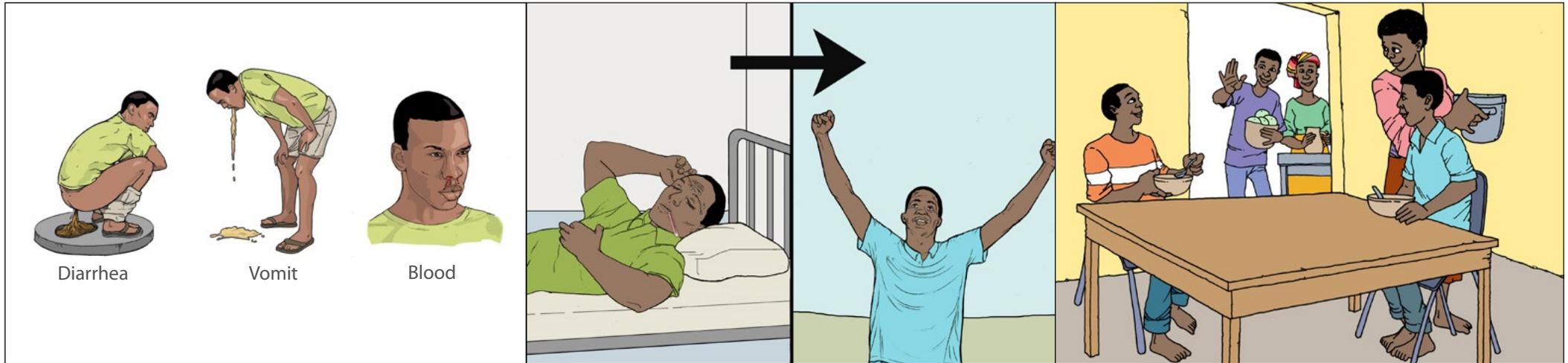
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Remember these things

11



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