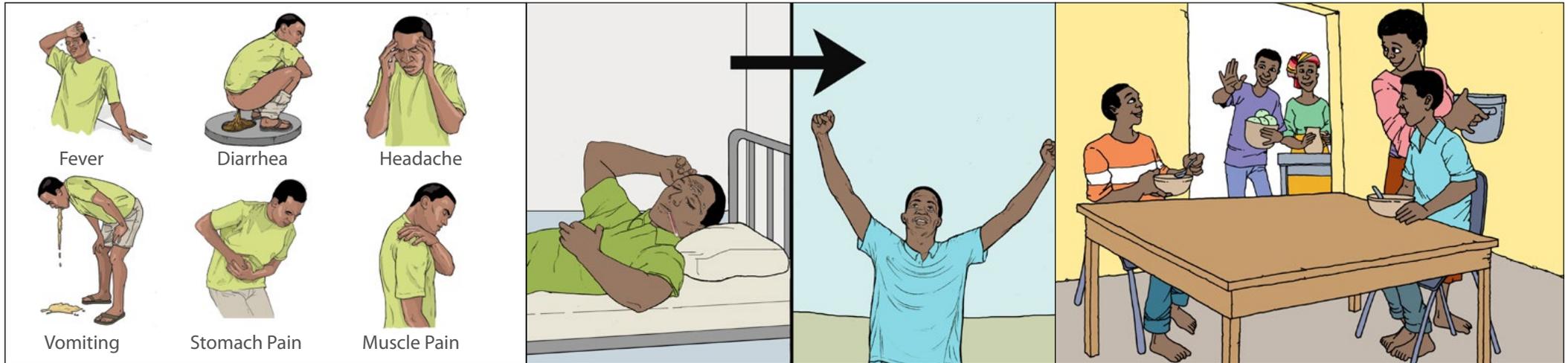


What To Know About Ebola

For Sierra Leoneans Living in the United States

Remember these things

1



Ebola can only be spread by someone who has symptoms.

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 Sierra Leone

2



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



If you develop symptoms, call **117**.

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).

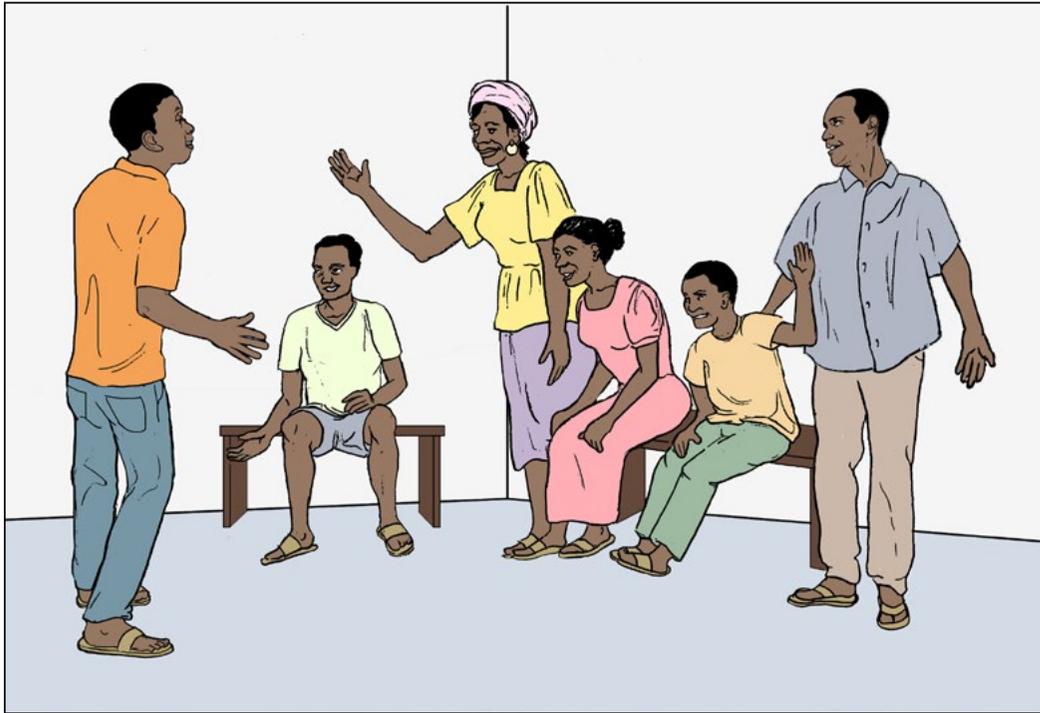


Do NOT touch items that could have a sick person's blood or body fluids on them (bedding, needles, medical tools).



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

Friends or family arriving from Sierra Leone 5



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

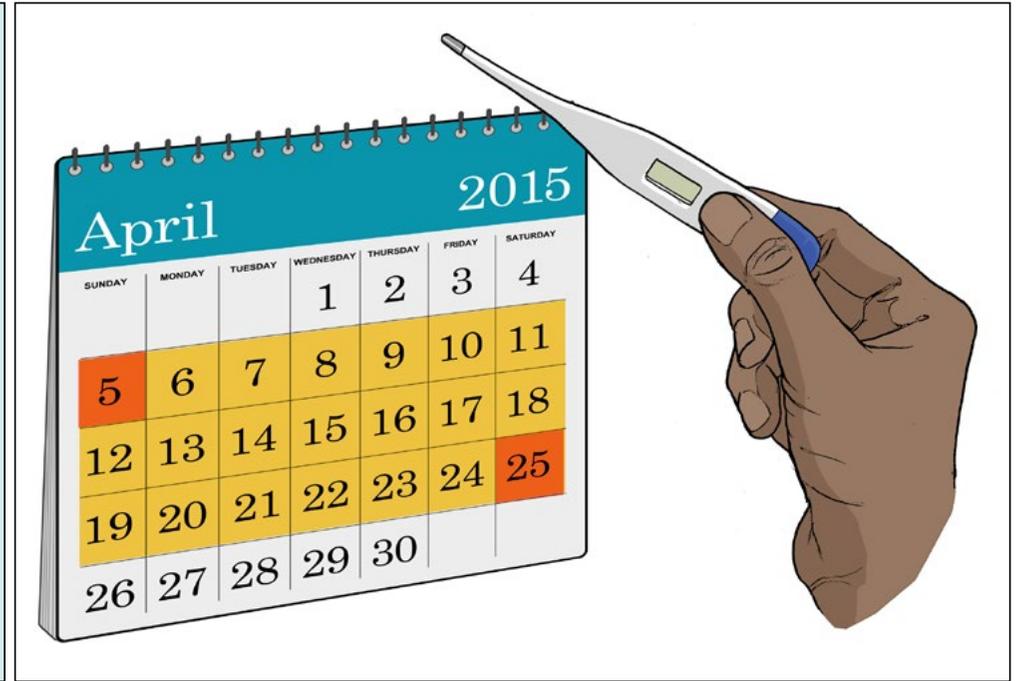


If your friend or family member develops symptoms of Ebola, they need to go the doctor right away.

Friends or family arriving from Sierra Leone 6



If you have friends or family in Sierra Leone, 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 Sierra Leone 7



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

If you are from Sierra Leone

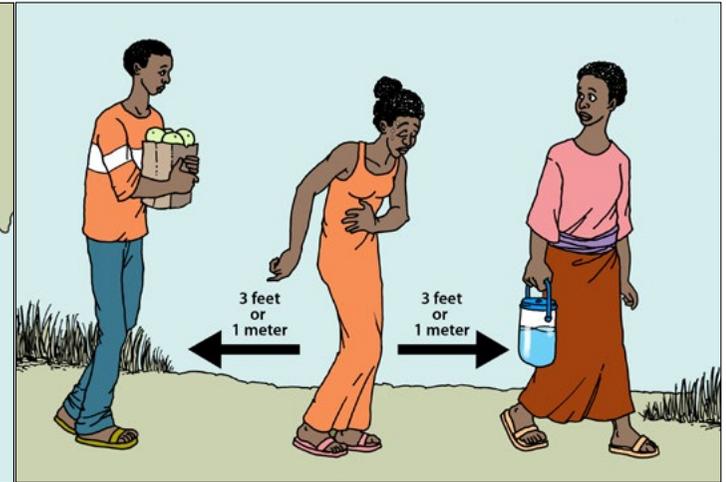
8



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.



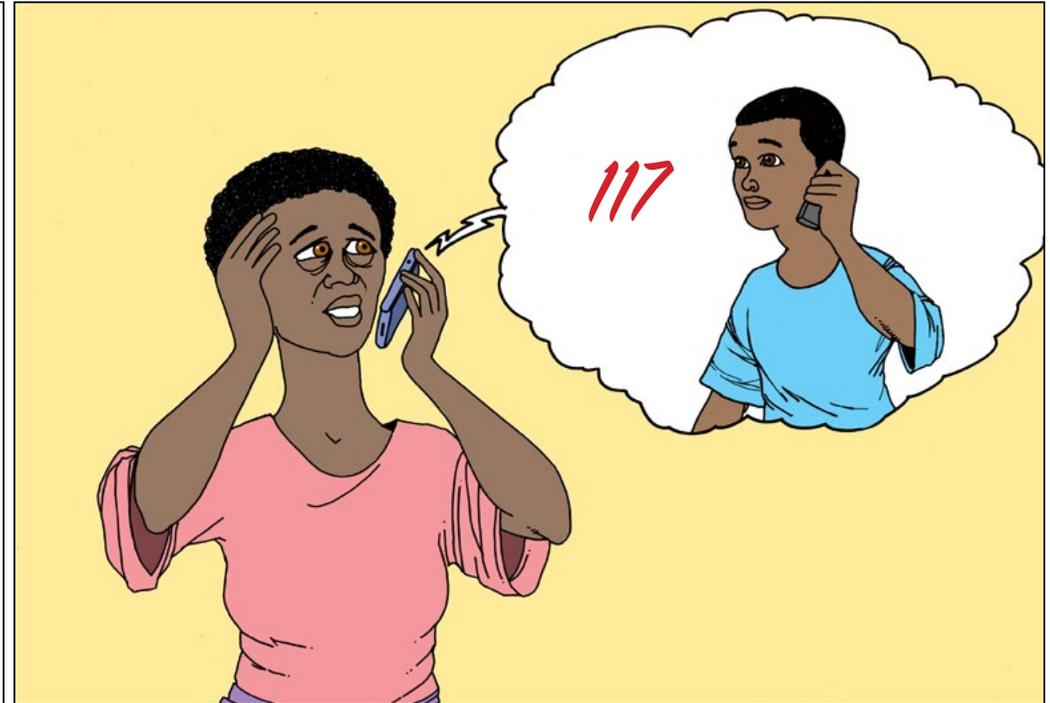
If you have friends or family in Sierra Leone, encourage them to protect themselves.

Tell your friends from Sierra Leone

9



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



Call 117 if they have symptoms of Ebola.

Tell your friends from Sierra Leone

10



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



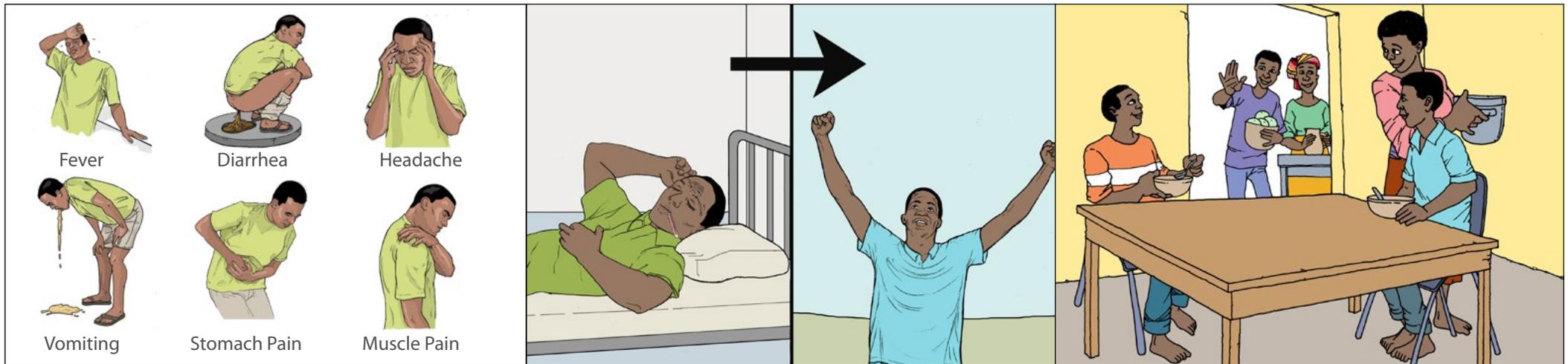
Do NOT touch items that could have a sick person's blood or body fluids on them (bedding, needles, medical tools).



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

Remember these things

11



Ebola can only be spread by someone who has symptoms.

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.