What To Know About Ebola

For Sierra Leoneans Living in the United States
Remember these things

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.
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.
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

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.
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 to the doctor right away.
Friends or family arriving from Sierra Leone

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

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