

Protect yourself from Ebola virus

Ebola virus causes a very serious and often fatal disease

Routes of transmission:

- ▶ through direct person-to-person contact or contact with body fluids or blood, or through contaminated objects
- ▶ through direct contact with wild animals, dead or alive, or through consumption of meat from wild animals (bushmeat)



NATIONAL PUBLIC
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If you are travelling **TO** Democratic Republic of the Congo or Uganda:

Avoid:

- ▶ contact with live or dead animals (e.g. monkeys, bats)
- ▶ participation in burial ceremonies involving contact with the body
- ▶ direct contact with ill persons and their body fluids, such as saliva, blood, vomit, urine
- ▶ contact with objects that have been used by patients
- ▶ consumption of "bushmeat" or insufficiently cooked food of animal origin
- ▶ sexual contact without protection

You should:

- ▶ wash your hands frequently with soap and water
- ▶ seek medical attention immediately if you develop symptoms such as fever, malaise, headache, muscle aches, sore throat, abdominal pain, diarrhoea, vomiting, rash or bleeding

If you return **FROM** an affected area and you had possible exposure to the virus:

- ▶ self-isolate and monitor your health for 21 days
- ▶ if you develop fever or other symptoms, immediately call at +30 2105212054 and follow the instructions

