### Ebola Virus

Ebola Virus is one of the deadliest that spread from person to person through the fluid and skin touch with the infected person. It is caused by Ebola virus Diseases (EDV) which are not as contagious as a common cold. It is a rare disease that kills and explode the cell of an infected person. It ultimately damages the organs and the immune system. It reduces the bold clotting cells in the infected body. It causes body aches, bleeding outside and inside of the body, diarrhea, Fever, vomiting, and sore throat (Ref-A1B2C3). This disease was known as Ebola hemorrhagic fever, but later on, it is known as Ebola Virus Disease.

The international outbreak of the Ebola virus is in 2014-2016. Initially, the first cases were reported in 1976 in South Sudan and Yambuku, DRC. It occurred near the Ebola River thus, it got its name from it. The largest outbreak of Ebola started from Guinea and spread across Liberia and Sierra Leona. The WHO declared outbreaks of Ebola in West Africa on March 23, 2014 (Ref-J7X2B9). It spreads later on in seven other countries such as Mali, Italy, Senegal, Spain, Nigeria, the United States, and the United Kingdom.

In the United States, the Ebola virus appeared on September 30, 2014. This case was identified after the diagnosis of the infected person who traveled to Texas from West Africa (Ref-DJ49F2). On March 11, 2015, the United Kingdom had its first case on one military worker who flew to Royal Free Hospital in London for treatment from West Africa. Similarly, on May 12, 2015, the first case of Ebola appeared in Italy on health care workers. A traveler from West Africa brought Ebola to Mali on May 13, 2015. On August 5, 2014, two patients were evacuated from Liberia and transferred to Spain which was the first case of Ebola in Spain.

Epidemiological determinants and risk factors related to the Ebola virus are when an individual contacts the infected person without PPE. On the other hand, with the contact of infected person’s body fluid such as blood, saliva, and so on are also the causes of Ebola thus, without PPE a caretaker’s health is at risk. Similarly, not wearing PPE within 3 feet of the infected person and exposure to the skin are also the major risks factors (Ref-AB1CD2). The adults aged between 55 and 64 are at high risks of infection rather than others. Even contact with the dead body of an Ebola-infected person without PPE is one of the major risks factors. The care takes, doctors, nurses, and children are at high risks.

The route of transmission of Ebola viruses is the direct and repeated contact with the infected person. The viruses are transmitted from the touch, body fluids, and exposure of skin to the infected person. The body fluids such as semen, blood, sweat, urine, diarrhea, the vomit of infected person are the cause of the transmission of Ebola. Similarly. Using contaminated objects such as clothes, utensils, medical equipment, and so on is the route of transmission of Ebola. Even the survivors of Ebola are not fully cleared from the virus. It remains in the inner eyes, central nervous system, and cerebrospinal fluid of survivors (Ref-DJ49KL). The virus also remains on dry places, counter knobs, and doorknobs for several hours thus, these are also the possible factors of transmission.

If it outbreaks in my community, everyone should be aware of how it transmits from one person to another person. Moreover, they should know the risks factors and symptoms of the Ebola virus. People should use PPE while they are around the infected person. The croweded area should be banned to travel for all the community people. Staying in a home is the better step to be safe from Ebola Virus. The education institutions should do online classes. The work should be done online if possible and if not they should use PPE mandatorily in the workplace. The shopping should be done through an online system or stores. Government should not allow people to travel. I think lockdown should be the better option. The Community clinic should be active and need to follow all the precautions by the medical staff.

The community health care center should inform the Public health care department about the community’s health condition. They need to update every 12 to 24 hours about the community’s health to the Public health care department. The PCR reports, number of infected patients, number of serious patients, need of drugs and equipment, rate of patients’ arrival at health care center, and so on should be reported to the Public health care center. After receiving the update from the community health center, the Pubic Health care center should take immediately action depending on the condition of community health. It helps to prevent of spreading the Ebola virus in the entire community.

The recommended strategy for preventing outbreaks of Ebola in my community is to inform them about the seriousness of the disease and how deadly is it. On the other hand, the awareness about the Ebola Virus symptoms and the route of its transmission should spread in the community. The places of the Ebola outbreak should be restricted to travel for everyone. The crowded places, educational institutions should be closed. The government should encourage people for staying home, do online shopping, do online classes for students, and so on. The medical services for the infected person should be provided immediately and properly. These types of strategies will prevent the outbreak of the Ebola virus.