

## SYMPTOMS



Initial symptoms:  
fever, severe headache, weakness,  
joint and muscle pain, sore throat



Later symptoms:  
diarrhoea, vomiting, stomach pain,  
unexplained bleeding

## TRANSMISSION



Transmission



Time interval from infection  
to onset of symptoms: varies from 2 to 21 days,  
but the average is 8 to 10 days.

## BODILY FLUIDS

Ebola virus disease is transmitted through direct contact  
with the body fluids of an infected person



Runny nose



Sweat



Vomit



Spit (saliva)



Urine and faeces



Blood



Semen and vaginal fluids

## RED CROSS RED CRESCENT FIVE PILLARS



Contact tracing



Social mobilization and  
beneficiary communication



Safe and dignified burials



Psychosocial support



Clinical case management

## PREVENTION



Wash your hands frequently



Seek prompt medical attention



Don't touch people with signs of Ebola



Don't touch people who have died from Ebola



Isolate patients



Use personal protective equipment



Wear personal protective equipment  
when handling an infected person  
(incl. dead bodies)