

### Is it safe to travel to Uganda?

Yes, it is safe to travel to all parts to Uganda since the risk of contracting Ebola virus is very low for residents of the affected area and even lower for travelers. However, those travelling to Uganda take the following steps:

Avoid contact with Ebola patients.

Avoid touching used needles or medical waste.

So far there is no travel or trade restrictions being applied to Uganda due to the Ebola outbreak

### What should I do if I suspect I have Ebola or somebody I know has Ebola?

Anybody who falls ill and had recently travelled to Western part of Uganda or any other place with a confirmed outbreak of Ebola from July 2012 is advised to report to the nearest health facility, especially if they develop fever or symptoms suggestive of typhoid or malaria.

Common symptoms to look out for are fever, headache, joint and muscle pain, sore throat, weakness, diarrhea, vomiting, stomach pain and bleeding.

**For more information contact:**  
**Ministry of Public Health and Sanitation,**  
*Division of disease surveillance and response*

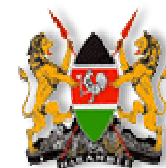
Head DDSR  
Telephone: 0727 764 164, 0732353535 and  
0729471414  
E-mail: [head@ddsr.or.ke](mailto:head@ddsr.or.ke), [info@ddsr.or.ke](mailto:info@ddsr.or.ke)  
*or*

*Department of health Promotion*  
*Landline: 020-2722082*  
*Email: [dhpkenya@gmail.com](mailto:dhpkenya@gmail.com)*

### Key points to remember

- 1. Ebola is preventable**
- 2. Avoid direct contact with any person suspected to be suffering from Ebola**
- 3. Its generally advisable to wash hands with soap and water after contact with any sick person.**

## REPUBLIC OF KENYA



**MINISTRY OF PUBLIC  
HEALTH AND SANITATION**

# EBOLA

**What you need to know  
about EBOLA**

**Be informed, not afraid.  
Ebola is Prevenatable**



**World Health  
Organization**

## Introduction

Our neighboring country Uganda recently confirmed an outbreak of Ebola in the Western part of the country (Kibaale and Kampala). The Ministry of Public Health & Sanitation Kenya, is closely monitoring the outbreak and has developed disease outbreak preparedness and response plan. This fact sheet provides basic information on Ebola.

## What is Ebola?

Ebola is a killer disease caused by a virus.

## What are the signs and symptoms of a person suffering from Ebola?

A person suffering from Ebola presents with sudden onset of high fever with any of the following symptoms; headache, intense weakness, muscle pain and sore throat. This is often followed by vomiting, diarrhea, rash, impaired kidney and liver function, and in some cases, bleeding through the body opening, i.e eyes, nose, gums, ears and anus.

## How is Ebola spread?

The disease is spread through:

1. direct contact with body fluids like blood, saliva, vomits, stool, urine and secretion from wounds of a person suffering from Ebola,
2. Contact with the soiled clothing or bed linens from a patient with Ebola.
3. Infection is possible through handling of infected chimpanzees, gorillas and forest antelopes both dead or alive.

## Who is at risk?

1. Anybody who comes into direct contact with body fluids such as blood, saliva, vomits, urine, and other secretions from an infected person. This may occur during care of the sick person at home or at health facility.
2. Persons involved in cleaning and dressing the body of a person who has died of Ebola.
3. Persons handling animals infected with the Ebola such as chimpanzees, gorillas, forest antelopes and monkeys.
4. Mourners who get into direct contact with the body of a person who has died of Ebola

## How can Ebola be prevented?

1. Avoid direct contact with body fluids from any person suspected to be suffering from Ebola.
2. If you must handle a patient with Ebola, you should wear protective materials such as gloves.
3. Persons who have died of Ebola must be buried immediately to prevent spread of the disease.
4. Do not handle the body of a person who has died of Ebola.
5. Incase you accidentally handle a person suspected to be infected with Ebola, wash your hands thoroughly with soap and water.

## Is there treatment for Ebola?

Currently, there is no specific treatment for Ebola. Early diagnosis and supportive treatment such as rehydration with fluids and blood transfusion can be of great help.