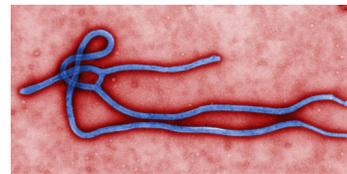


## PROPER PPE



## MUST-KNOW FACTS ABOUT EBOLA

### THE FACTS

- The **Ebola virus** is the cause of the highly infectious and often fatal Ebola Virus Disease (EVD), also known as Ebola Hemorrhagic Fever.
- Symptoms appear from **2–21 days after exposure** to the virus, with an average of 10 days.
- The **main symptoms** of Ebola include:
  - fever (greater than 38.6°C or 101.5°F)
  - weakness
  - unexplained hemorrhage (bleeding or bruising)
  - severe headache
  - vomiting
  - diarrhea
  - abdominal pain
  - muscle pain
- Health care workers should be on **high alert** for these symptoms in people with a **history of contact with an Ebola patient** or **travel to an Ebola-affected country**.
- A person becomes **infectious only after developing signs and symptoms**.
- Ebola virus is found in **blood, urine, feces, sweat, saliva, semen, breast milk and other secretions** from an infected person.
- Human-to-human **transmission of Ebola occurs when blood and body fluids of an infected person come in contact with broken skin, abrasions or mucous membranes of a person not infected**.
- Human-to-human transmission **also occurs through the use of needles and syringes** and other objects that have been **contaminated with the virus**.
- Ebola **does not spread through air or by water**. There is no evidence that mosquitoes or other insects can transmit Ebola.
- **Unsafe handling of human remains**, such as in traditional or religious rituals, is a **major cause of the spread of disease** in communities.
- **ONLY PERSONS TRAINED IN HANDLING HUMAN REMAINS AND WEARING RECOMMENDED PERSONAL PROTECTIVE EQUIPMENT (PPE) should handle Ebola patients or other patients who died after participating in funeral rites.**
- Clinical **diagnosis is confirmed by laboratory tests** specific to the Ebola virus.
- There is **no specific treatment or vaccine for EVD** at this time. Early and aggressive supportive management of symptoms and signs using oral rehydration solution or intravenous fluid replacement has saved lives.

### FOR THE LATEST ON THE EBOLA EPIDEMIC, VISIT:

[www.jhpiego.org/content/primer-ebola-virus](http://www.jhpiego.org/content/primer-ebola-virus)

[www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola)

[www.who.int/csr/disease/ebola/en](http://www.who.int/csr/disease/ebola/en)

Have questions? Please contact Chandrakant.Ruparelia@jhpiego.org or Nancy.Ali@jhpiego.org

# Health Care Workers, Protect Yourself!

As a health care worker, you can **protect yourself** by:

- Carefully following screening, triage and isolation protocols for EVERY person coming to the facility
- Strictly complying with hand hygiene practices at all times
- Following safe injection practices and sharps disposal at all times



If Ebola is suspected based on a screening history:

- Wear PPE: scrub suit, rubber boots or shoe covers, impermeable gown or Tyvek suit, first pair of gloves (taped), medical mask, goggles or face shield, head cover, second pair of gloves, plastic apron
- Be VERY CAREFUL when removing PPE to AVOID THE RISK OF EXPOSURE to blood or body fluids from contaminated PPE
- Have a trained assistant or supervisor observe and help you when putting on and removing PPE
- Thoroughly clean patient care areas using disinfectant such as 0.5% chlorine solution
- Safely dispose of heavily soiled linen and DO NOT PROCESS IT FOR REUSE
- Treat all waste from Ebola patient care areas as contaminated waste
- Rigorously follow infection prevention precautions when drawing blood or collecting specimens

**REMEMBER:** 100% compliance to recommended practices is **NOT A CHOICE, BUT A MUST.**

## Preparing 0.5% Chlorine Solution

(use the same container to measure the bleach [🧴] and water [💧])

3.5% available concentration = 🧴 + 🧴1 🧴2 🧴3 🧴4 🧴5 🧴6

5% available concentration = 🧴 + 🧴1 🧴2 🧴3 🧴4 🧴5 🧴6 🧴7 🧴8 🧴9

6% available concentration = 🧴 + 🧴1 🧴2 🧴3 🧴4 🧴5 🧴6 🧴7 🧴8 🧴9 🧴10 🧴11

8% available concentration = 🧴 + 🧴1 🧴2 🧴3 🧴4 🧴5 🧴6 🧴7 🧴8 🧴9 🧴10 🧴11 🧴12 🧴13 🧴14 🧴15

10% available concentration = 🧴 + 🧴1 🧴2 🧴3 🧴4 🧴5 🧴6 🧴7 🧴8 🧴9 🧴10 🧴11 🧴12 🧴13 🧴14 🧴15 🧴16 🧴17 🧴18 🧴19

## Screening of Patients Attending Health Care Facilities in Ebola-Affected Areas

Staff in patient receiving areas should wear gown, gloves and eye protection; perform hand hygiene; and maintain a distance of 1 meter from the person being screened.

