

As caregiver, you should monitor your own health:

Stay fit and healthy



Monitor your own health



What you need to know about protecting yourself while caring for sick members in the community

If you need help:

Call the Ebola Hotline at 4455 for advise. It is FREE!



Consult your local leader.



Protecting yourself while caring for sick family member

Keep the sick person in their own area away from the family



Protect your hands IF YOU HAVE to touch the sick person



Clean your hands before and after touching a sick person or the surrounding environment



Clean the environment with strong chlorine solution



Caring for sick family member

Provide per day, at least **3 litres** of fluids for the sick person such as water, soup or tea



Give paracetamol to the patient for fever and pain. **Do not** give aspirin



Disposal of waste

Burn the waste from the sick person
Do not dump waste in open area

