

**PROTECT YOURSELF**  
**PROTECT YOUR FAMILY**  
**PROTECT YOUR COMMUNITY from Ebola**

gCHV Training on EBOLA Flipbook and IPC  
September 2014



unicef



and partners

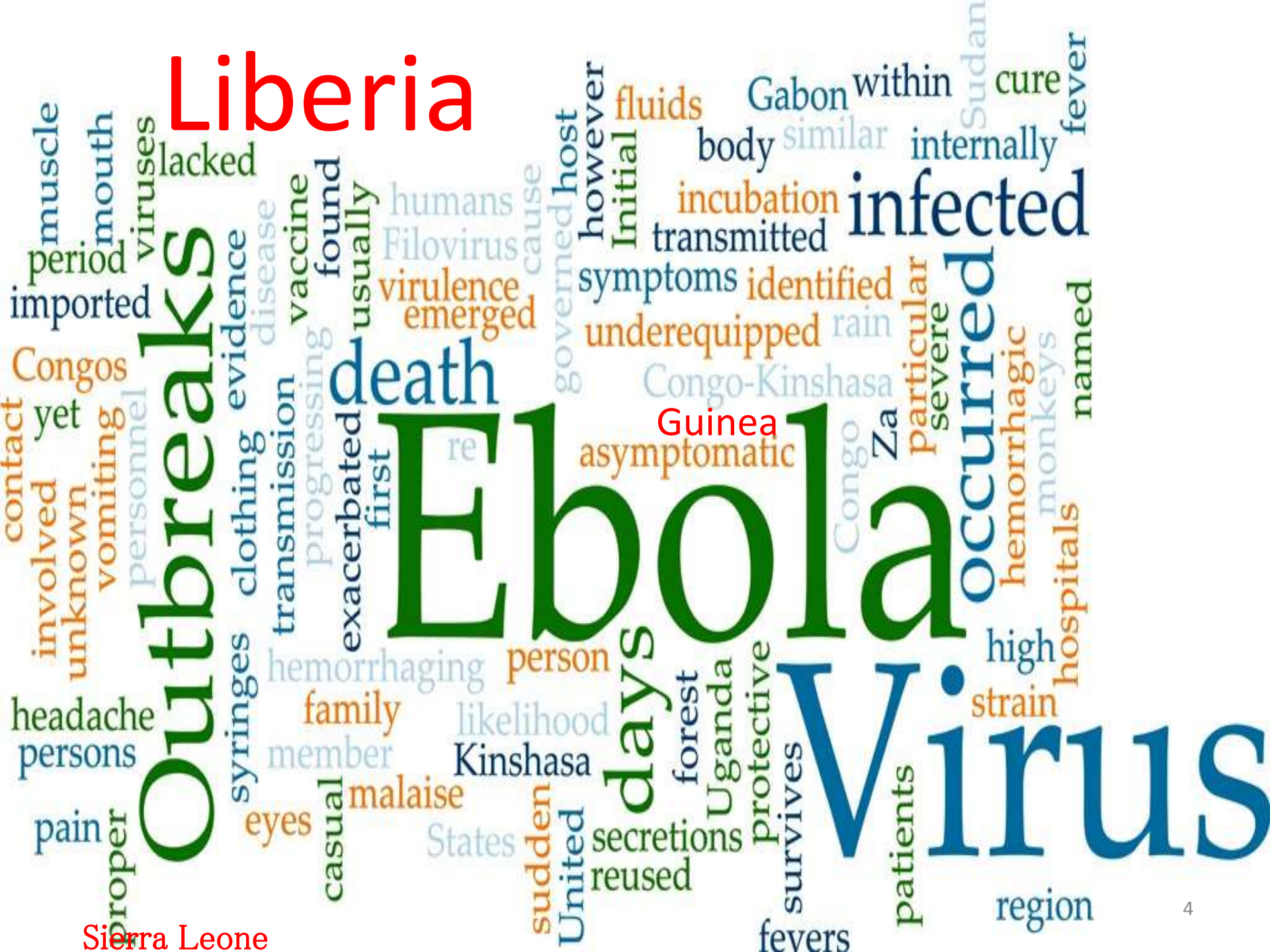
# Training Overview

- 8 am- 5pm
- Breakfast and lunch
- Transportation reimbursed by distance
- Each person should be present the entire time

# Ground Rules

- Respect time
- Cell phones off
- One meeting/ no pocket meeting
- Observe time
- Respect each others views
- Be recognized to go out or talk

# Liberia



# Ebola

**Things Everyone Should Know and Do**

# **Learning Objectives- by the end of the training you will be able to:**

- Tell others about how they can reduce and stop the spread of Ebola.
- Tell others about how to protect themselves, their family, and their community from Ebola.
- Show others the different ways they can protect themselves and stop the spread of Ebola.
- Report on all the different IPC activities about Ebola that you conduct in your communities.
- Refer any child who shows signs of malnutrition to the health facility without touching them.

# After this training you will:

- Use you flipbook and posters for house to house IPC on Ebola
- Work in teams with your supervisor
- Raise awareness about Ebola at community meetings or with groups
- Submit a team form for each day
- Raise awareness on Ebola 9am -2pm everyday for 1 month
- Get incentive of \$80/per month + t-shirt

# **Agree or Disagree Activity**



# **Review of Posters- Small Group Work**

# Prevention Poster: Key Messages

- Always **wash your hands** with soap and clean water.
- **Call 4455** or the local county hotline if anyone has the signs and symptoms of Ebola.
- Keep the sick person in their own area and **do not touch** them or the things they have touched when they are sick.
- **Tell your community leader** if someone in your family has the signs and symptoms of Ebola.
- **Do not run away or hide** sick people- this can spread Ebola.
- **Do not wash, touch, or bury** any person that has died with the signs and symptoms of Ebola. *This is why Ebola is spreading in Liberia.*
- These actions **protect** you, your family, and your community.
- Together we can **stop the spread** of Ebola.
- You **can survive** Ebola.



# Signs Poster: Key Messages

- If someone in your family has the signs and symptoms of Ebola:
  - Call 4455
  - Tell your community leader
  - Do not runaway or hide sick people
- Know the signs and symptoms of Ebola.
- Call 4455 if anyone has a fever that starts quick, quick and any of these signs:
  - Vomiting
  - Running stomach
  - Headache, pain in the body or stomach, sore throat , or weakness
  - Rash or small bumps on the skin
  - Red eyes or bleeding from the mouth or nose
- Together, we can stop the spread of Ebola!
- You can survive Ebola!



# **What is Ebola?**

# Ebola is a bad sickness



- People from any country, tribe, religion, or household can catch Ebola.
- Ebola kills **BUT** you can survive Ebola if you take action quick, quick.
- You can protect yourself from Ebola.



# **What are the signs and symptoms of Ebola?**

# The signs and symptoms of Ebola look like malaria, typhoid and other sicknesses at first...



Fever that starts  
quick-quick



Feel weak

Headache, sore throat,  
pain in the body or  
stomach

## Early Signs

**...but then it gets much much worse!**



Vomiting



Rash or small  
bumps on the skin



Running stomach



Red eyes or bleeding  
from eyes, nose or mouth

**Late Signs**



# A person can spread Ebola to others as soon as they start to show signs and symptoms

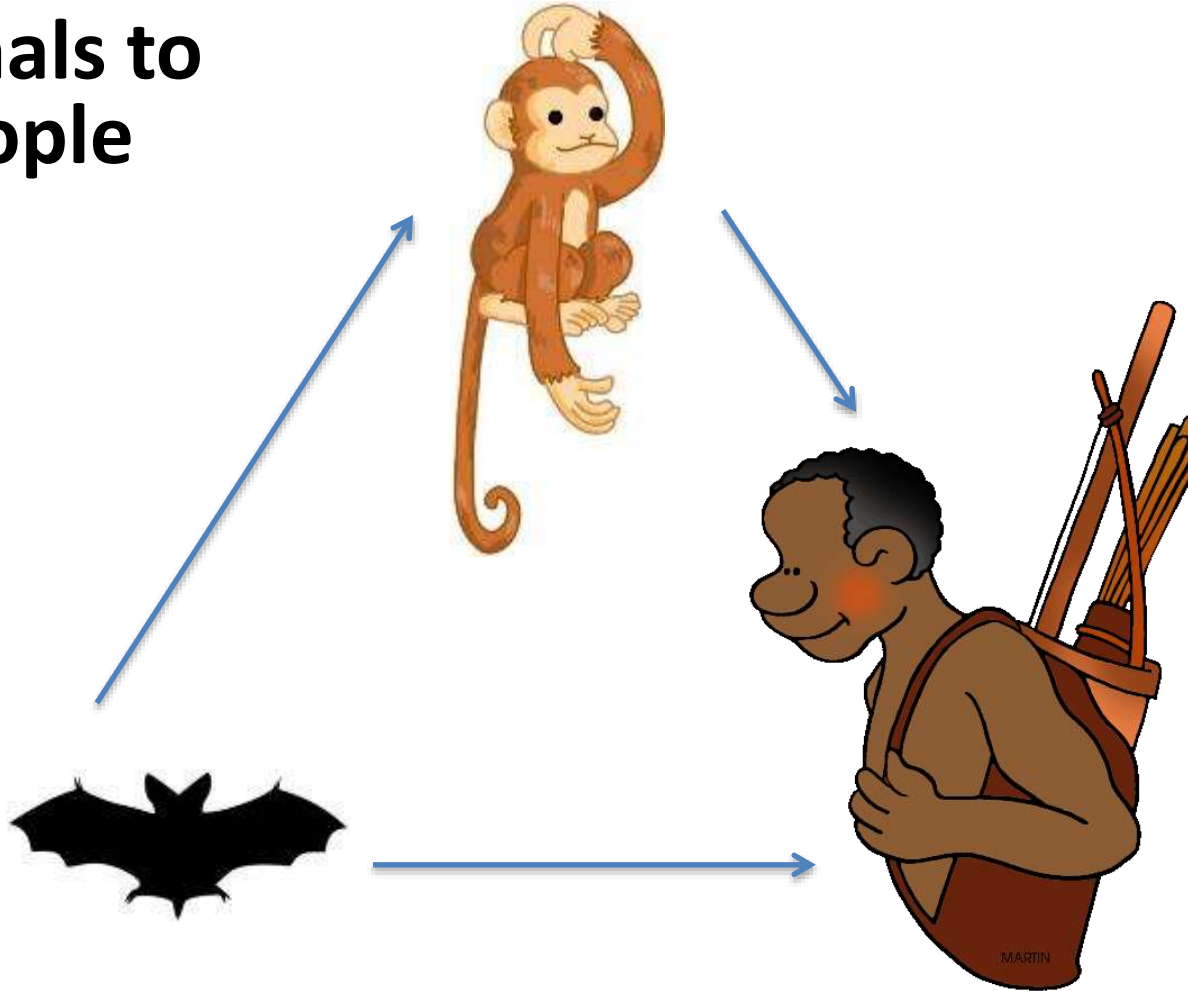
- Once the Ebola catch you, it can take **2 to 21** days before it start to show on you.
- You cannot test for ebola until you have had the symptoms.
- Signs of Ebola can last about 1 week.
- When Ebola signs come on plenty, it is easy to pass to others



# **How is Ebola spread?**

# Ebola is spread from...

**Animals to  
people**



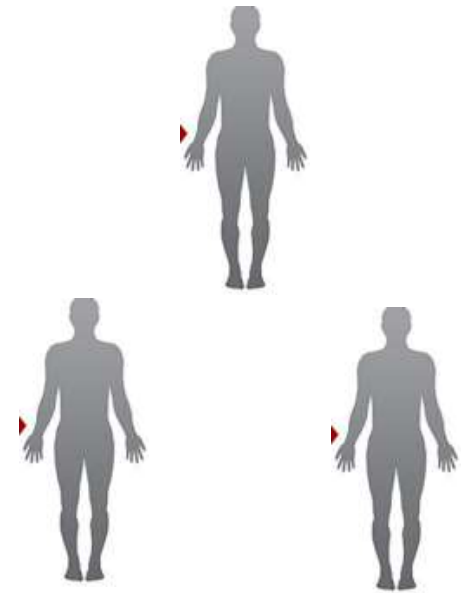
**through body fluids of an animal that has ebola.**

**Ebola is spread from animals to people when we preapre, touch or eat bush meat.**



# Ebola is spread from...

**Person to  
person**



**through body fluids of a person that is  
sick with or has died from ebola .**

# Body fluids are things like...



Blood



Poo-poo & pee-pee



Spit



Snot-nose



Vomit



Sweat

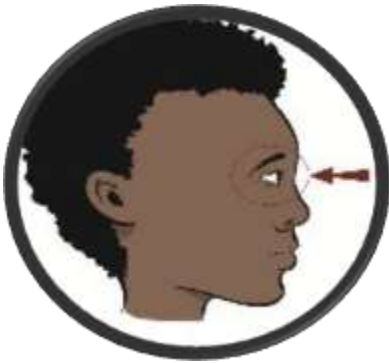


“Man-woman  
business”



# Ebola enters the body through

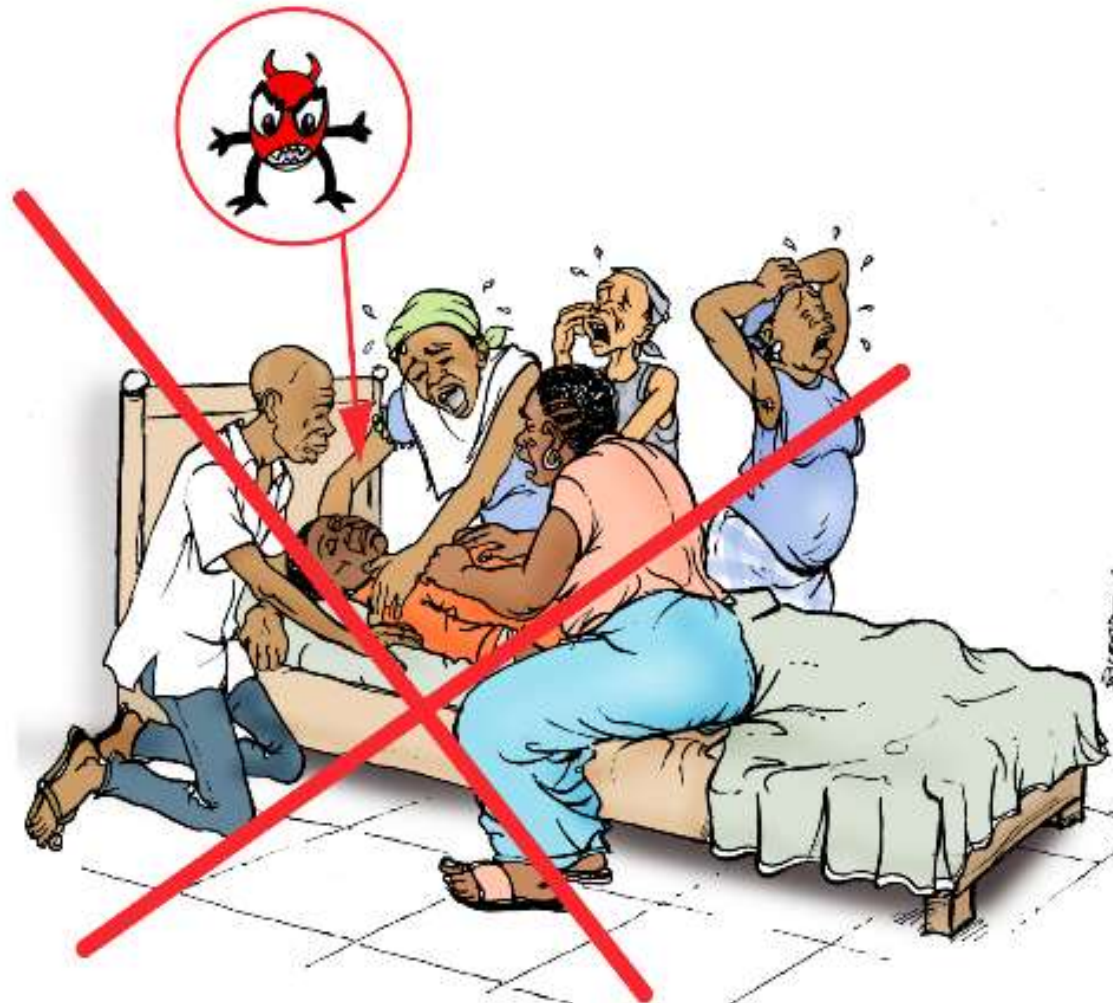
It can spread to us when we touch our eyes, nose, or mouth



Or through small, small cuts in our skin



**Touching the skin, body fluids, or personal belongings of a person that is SICK or has DIED from Ebola spreads Ebola to others.**





# Traditional burial practices are Spreading Ebola in Liberia

- **Do Not touch** anyone that has died with the signs and symptoms of Ebola
- **Do Not wash** anyone that has died with the signs and symptoms of Ebola
- **Do Not bury** anyone that has died with signs and symptoms of Ebola
- **Do Not touch** sick persons or the things they have touched when they are sick

# **Ebola is NOT spread by:**

- Vaccines
- Air
- Mosquitoes
- Governments
- Witchcraft or curses

**The good news is,  
you can protect  
yourself from  
Ebola!**

**You protect yourself when you wash  
your hands with soap and clean water  
or with chlorine water**



# **Wash your hands with soap and clean water or with chlorine water...**

**Before cooking and eating**



**If you forget and touch someone or help someone, or after going to the toilet**



**You protect yourself when you DON'T TOUCH the skin or body fluids of people sick with or who have died from Ebola**

Even if a person only has a fever, do not touch them or sleep near them until you know the reason they are sick



**What do I do if a  
family member or  
friend has the signs  
and symptoms of  
Ebola?**



# **If a family member or friend has the signs and symptoms of Ebola, do 2 things...**

**1. Call the Ebola Hotline at 4455. It is FREE!**

**AND**

**2. Tell your local leader.**



**Continue calling the hotline until you speak to someone!**

**Don't Wait!**





# While you wait for a help team...



- Have only 1 caregiver
- Keep the sick person in their own area
- Take them plenty of water.
- **Do not touch** them or their personal things!

# If someone in your family has the signs of Ebola, or has died from Ebola



- Do Not run away!
- Do Not hide sick people!
- Do Not bury the body!
- Do Not hide the body!

These things can spread Ebola!

**If someone in my  
family has the signs  
and symptoms of  
Ebola, should I take  
them to the  
hospital?**

# Call 4455 for Advice!

- Not all hospitals or clinics are open or can give care for Ebola.
- Every county is different.
- Call 4455 and they will tell you what to do.



# **REMEMBER**

## **If someone is sick or has died...**

**Call 4455. It is FREE!**  
**AND**  
**Tell your local leader.**



**Keep them in their own area  
and bring them plenty water  
while you wait for help. DO  
NOT TOUCH!**

**How do I help a  
sick person at  
home until help  
comes?**

IF you **MUST** look after a sick person while you wait for help, the caregiver **CAN** catch Ebola.

These things **MAY** help reduce the spread of ebola.  
Do them and **BE VERY CAREFUL.**

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

- Only 1 person in the family should look after the sick person.
- Keep all other family members away from the sick person.





# Get yourself ready by gathering these things



**Things to wash your hands: buckets, soap, clean water, Clorox, cup**



**Long sleeve jacket that buttons or zips to cover your arms**



**Strong plastic gloves or bags to cover your hands (2 for each hand). Check them for holes.**



**Things to burn the plastic: matches and a bucket or tin**

# Before Touching or Cleaning, ALWAYS:

1. Wash your hands with soap and clean water
2. Cover your arms with long sleeves
3. Cover your hands with strong plastic
  - plastic Gloves
  - Mind Your Business Plastic Bags



# **Taking off the protection is when you can catch and spread Ebola!**

- Make sure any part of the plastic that touched the person or the person's fluids DOES NOT touch your skin
- Taking off the protection is the most dangerous part of caring for the sick person!

# Before you remove the plastic gloves/bags:

- Wash your covered hands (bags still on)
- Grab the inside of the bag and pull so you loosen the tie
- Slowly pull the **inside** of the bag into your hand so that you make a ball and can bring the inside of the bag out
- Soak the sleeves of your jacket in Clorox or chlorine water and take off the shirt quick-quick
- Burn the plastic bags quick-quick.
- Wash your hands with Clorox/chlorine water and soap and water quick-quick



**Burn all things that touch a person sick with Ebola or their body fluids quick-quick. These things can spread Ebola.**



Photo Source: JOHN MOORE/GETTY IMAGES <http://www.ibtimes.co.uk/ebola-outbreak-photos-fear-panic-liberian-forces-seal-west-point-slum-contain-disease-1461985>

**Do not throw them away in the garbage.**

# **Demonstration and Small Group Practice**

**DO NOT TOUCH** any part of your body, especially your face, until you **WASH YOUR HANDS**.





# If any body fluid touches your skin or gets on your clothes

- **Wash** your skin quick-quick with soap and water or Clorox/chlorine water.
- Take off the clothes and **burn** them quick-quick
- **Wash** your hands with Clorox/chlorine water and soap and water quick-quick after burning the clothes.

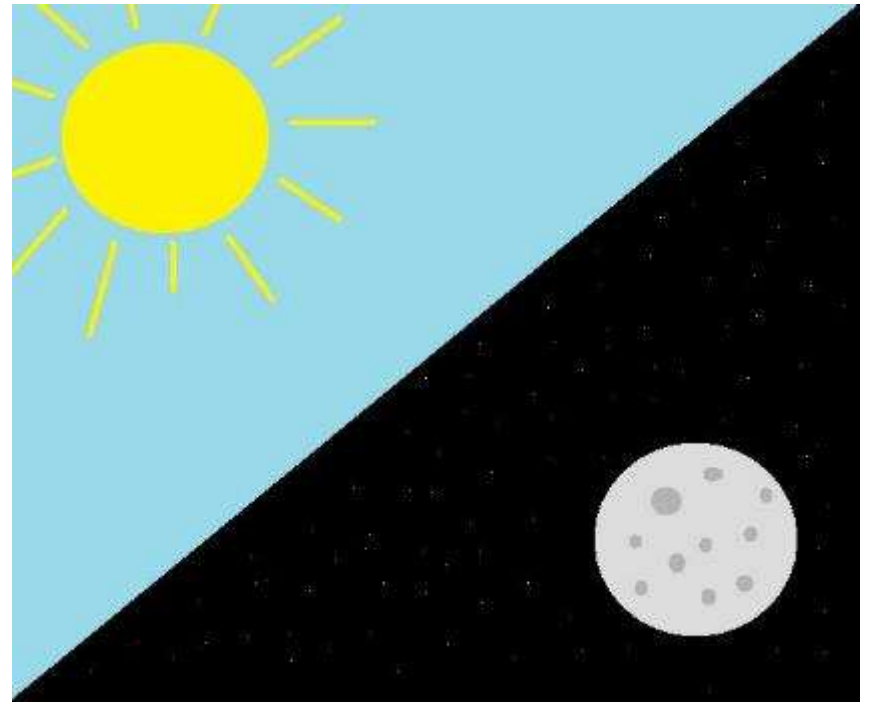




# Watch the condition of the sick person and the caregiver for 21 days

## 21 days

- If the caregiver shows any fever or other signs call 4455, and tell your community leader.



**What happens if a  
help team takes  
my family member  
to the Ebola  
Treatment Unit**

# The hospital people treat the signs and symptoms safely so the person can recover

- Getting treatment sooner helps people to survive. Call 4455 for help quick-quick.



# If your family member is in the Ebola Treatment Unit



- Food is provided to them.
- The treatment is free.
- You cannot enter the room.
- You can talk to your family member from a distance or on the phone
- You may become a contact.

**How do I know if  
I am a contact?**

# You are a contact if you have

- Slept in the same house with...
- Touched the body of...
- Touched any body fluids of...
- Touched the personal things of...

a person that is sick or has died from Ebola.



**What will happen  
to me if I am a  
contact?**

# If you are a contact you will be

- Asked for your name, phone number and place you live.
- Asked to stay home and not to go around or touch people for 21 days.
- Visited every day to see if you have fever.

If you do you have a fever, you will start care quick-quick .





**Why is knowing  
the contacts  
important?**

# Following up the contacts for 21 days stops the spread of Ebola by:

- Finding all the people that were in contact with sick person.
- So that if any of them start to show signs they get help quick- quick
- People can survive if they get help quick-quick.



**What do I do if  
there is a dead  
body in my house  
or community?**

# Ebola spreads when we touch the body or things of a person who died from Ebola

- Keep everyone away from the body to protect yourself and your family.
- Call 4455.
- The body should be buried by a trained team.
- The team will wear white suits because they will have to move the body.



Photo source: JOHN MOORE/GETTY IMAGES. [HTTP://WWW.NYDAILYNEWS.COM/LIFE-STYLE/HEALTH/EBOLA-DEATH-TOLL-TOPS-1-200-WEST-AFRICA-ARTICLE-1.1908628](http://www.nydailynews.com/life-style/health/ebola-death-toll-tops-1-200-west-africa-article-1.1908628)

# The help team will spray the body and the house and counsel the family

- The spray is made of the same strong chlorine and water that they use in the hospital.
- The spray cleans the house good-good so it is safe for everyone.
- The counseling will be given for family members and contacts.



# Report Any Dead Bodies Quick-Quick!

- Call 4455.
- Tell your community leader.
- Don't bury people in secret.



**Is the body  
thrown away?**



**No. The body is buried or burned to keep the community safe.**



Photo Source: <http://www.larryhollon.com/blog/category/global-health/>



# THERE IS HOPE!

- Your can protect yourself from Ebola
- You can survive Ebola
- There are over 100 survivors in Liberia
- This number is growing every day



Photo source: <http://abcnews.go.com/Health/survivors-story-lived-ebola/story?id=24750870>

# **Survivors are people who tested negative for Ebola**

- Survivors are people who caught Ebola but got better.
- After getting better, survivors were tested two more times for Ebola. Both tests were negative.
- Survivors should not do man-woman business for three months.
- Welcome survivors back home and back to the community.

# Help Survivors Spread Hope!

- Encourage survivors tell their story to help others learn.
- Do not stigmatize survivors.
- If they are willing, they are the best caregivers because they cannot catch Ebola again



# **Review Activity: Ti Ta To**

**Knowledge is power. Spread the word,  
not Ebola.**





# **Your voice is important!**



**To give correct information and mobilize:**

- Community leaders
- Families of Ebola patients
- Women's groups
- Youth groups
- Everyone you know!

**To report rumors and separate the truth from the lie.**

## Rumor

- *“Vaccine can give you Ebola.”*
- *“Doctors are giving people injections to spread the Ebola sickness.”*
- *“Bitter kola or salt can cure Ebola.”*

## Truth

- Vaccines do not give you Ebola. Vaccines protect against sicknesses. All children under 1 should take vaccines. Sick people and dirty things give you Ebola.
- Sometimes when people with Ebola come to the hospital, they are given injection to help them. But the injection does not kill people, the Ebola kills people.
- There is no treatment for Ebola in Liberia. They are working on bringing it.

# Your knowledge is important!

**As a gCHV you know how to help your community :**

- Give the correct information to families that have sick people
- Work with Ebola help teams
- Watch for people hiding sick people or running away
- Watch for burying the dead in secret





# Your talent is important!

## To help people understand you can:

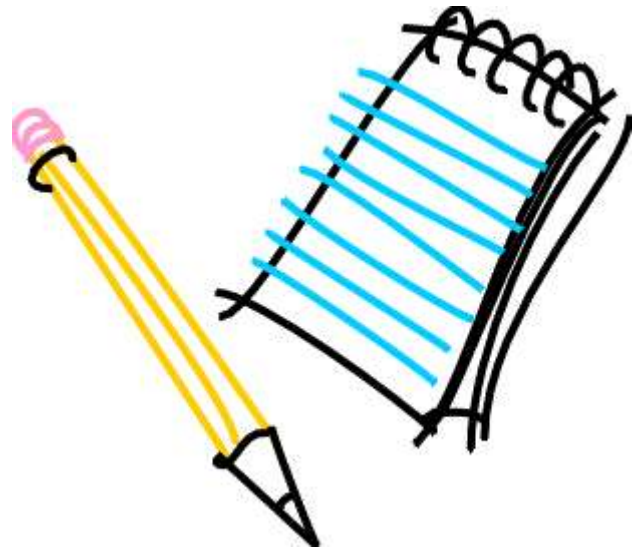
- Give house to house IPC with the posters and flipbooks
- Give the information in your local dialect
- Hold a community meeting to teach about Ebola
- Sing, dance, perform drama, or use story telling to teach
- Talk on community radio
- Give demonstrations on hand-washing or home protection
- Lead by example



Source of photo: <http://www.aol.com/article/2014/08/04/u-s-missionary-with-ebola-leaving-liberia-tuesday/20941208/>

# Keep a Record of the Work You Do On Ebola

- Write it down
- Give it to your supervisor



# REMEMBER!

## Good Communication Skills

- Be friendly
- Put yourself in their shoes
- Listen
- Be respectful
- Break it down for easy understanding
- Be patient
- Ask what they already know

## Safety and Security

- Community entry
  - Let the leaders know what you are doing
  - Be respectful
- Be safe
  - Leave any situation quick if people seem hostile
  - Don't touch anyone during your work
  - Keep a record of your work

**5 MINUTE ENERGIZER BREAK**

# What would you do if...

1. A community member has a fever?
2. A community member has a fever AND blood in their vomit?
3. A visitor comes to town saying they have a medicine for Ebola?
4. You see people burying someone at night?
5. A family has called 4455 many times, but it has been three days and no help has come?

# **Nutrition Screening During Ebola Outbreak**

# It is important to see if any child is dry or swollen in your community when you are doing your Ebola awareness activities

- 1 out of every 3 children that die, die because of malnutrition.
- Children with severe acute malnutrition (SAM) are 9 times more likely to die than children who are well-nourished
- During the Ebola outbreak we cannot touch children to screen them for SAM
- We have to use our eyes to see and refer any child that has the signs to the clinic.



# Common signs and symptoms of SAM



- Weight loss
- Muscle wasting
  - Arms



- Loose thin skin folds
  - Armpits
  - Buttocks



# Common signs and symptoms of SAM

- Bones stand out:
  - Collarbone
  - Shoulder blades
  - Ribs
- Pot belly



# Common signs and symptoms of SAM



## Oedema (swelling)

- Feet
- Arms
- Face



## Open skin lesions (sores)

# Looking for and referring children for SAM saves lives!



BEFORE



AFTER

# Post-Test and Evaluation

# **Parking Lot, Reimbursement, and Closing**

# We Can Only Stop the Spread of Ebola Together!

