

PROTECT YOURSELF
PROTECT YOUR FAMILY
PROTECT YOUR COMMUNITY from Ebola

Community Training on EBOLA
September 2014

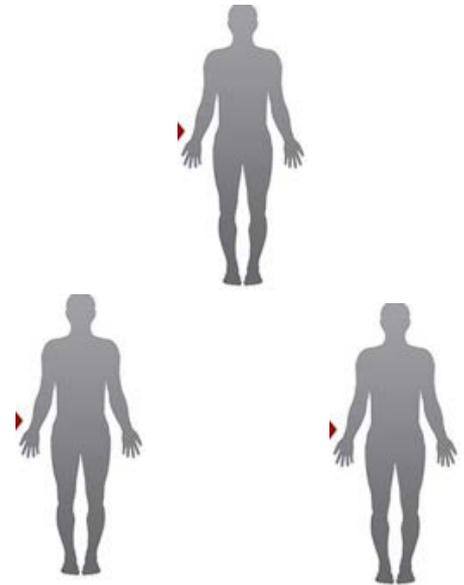


**World Health
Organization**



Ebola is spread from...

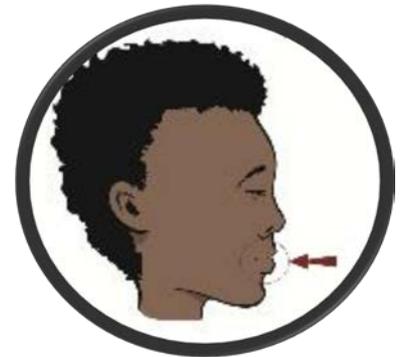
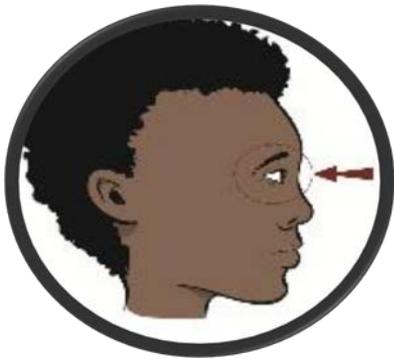
Person to person



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

How does Ebola enter our body?

Infected body fluid enters our eyes, nose or mouth



Or through small, small cuts in our skin



Body fluids are ...



Blood



Spit



Snot-nose



Vomit



Poo-poo & pee-pee



“Man-woman
business”

Caring for your sick family member

- Sick people should be cared for at ETUs
- ETUs are crowded and your family member may not be able to get in.

Therefore, if you **HAVE** to care for them at home

- You can apply precautions that will help **REDUCE** the risk of transmission to you and others in the home



You can catch Ebola from your sick family member

- Keep the sick person in their own area away from the family
- Only 1 person in the family should look after the sick person.
- Don't hide people who are sick because they can spread disease



Caring for the patient

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



- Give paracetamol to the patient, if they are suffering from fever and pain. **Do not** give aspirin or any other pain killer.



Get ready to care for the sick person



Things to wash your hands: 1 bucket should be filled with Clorox or chlorine water.



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.



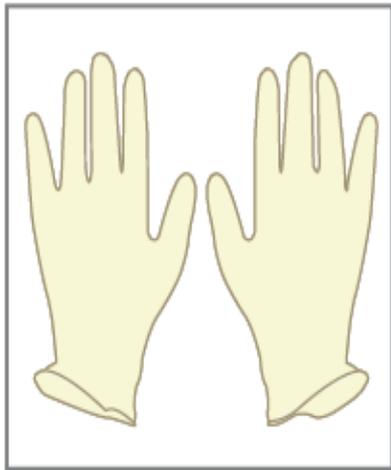
Things to burn the plastic: matches, a metal bucket or tin, and a stick

Clean your hands



- Before and after touching a sick person or the surrounding environment
- Wash with soap and water or use hand sanitiser

Protect your hands



Gloves



Plastic bags

- ✓ When there's a need to touch blood, body fluids, secretions, faeces, mucous membranes or skin lesions.

Protect yourself while caring for sick person - 1

- Wear the jacket
 - Take out rings, watch from hand



- Wash hands with soap and water or chlorine solution
- Dry hands



- Tear one handle of the plastic bag.
- Put your hands inside the plastic bag
- Loosely tie the opening by inserting the torn handle around intact handle



Protect yourself while caring for sick person - 2

- Wash wet plastic bag to check for holes
 - If your hands get wet inside, change the plastic bag
- Care for the sick person
- Remove hands from the plastic bag in bucket with strong chlorine without touching the bucket. Wash hands with chlorine or soap and water



Protect yourself while caring for sick person - 3

- Soak the plastic bag for 15 minutes. Use stick to push
- Take out the plastic bag and burn immediately
- Clean the bucket with strong chlorine. Throw chlorine in the toilet or throw in a dug hole



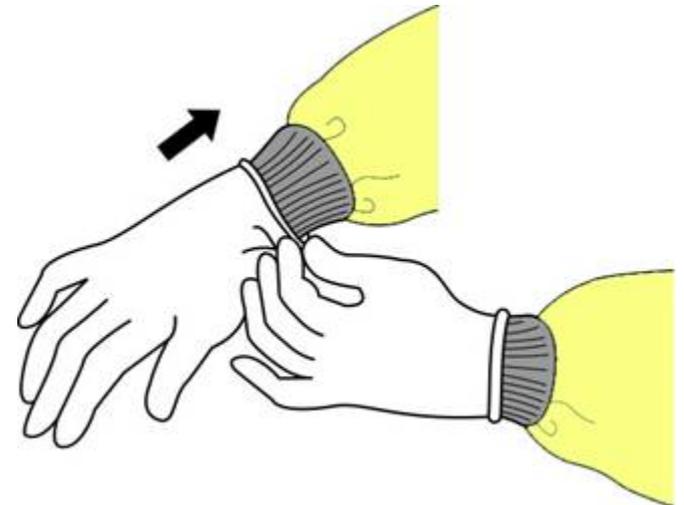
Protect yourself while caring for sick person - 4

- Wash hands up to the elbow with weak chlorine
- Open jacket without getting in contact with the jacket parts
- Soak jacket in 0.5% chlorine for 30 minutes
- Wash your hands with soap and water

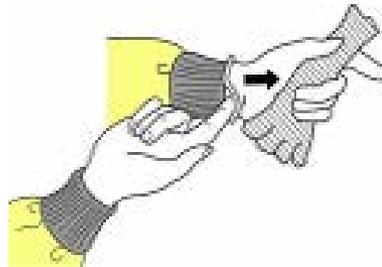
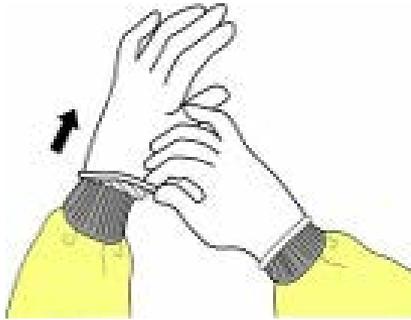


How to put on gloves

- Select correct type and size
- Insert hands into gloves
- Extend gloves over long sleeved jacket



How to remove gloves



- Grasp outside edge near wrist
- Peel away from hand, turning glove inside-out
- Hold in opposite gloved hand
- Slide ungloved finger under the wrist of the remaining glove
- Peel off from inside, creating a bag for both gloves
- Place in hazard bag
- Hand hygiene

Waste Disposal

- Burn waste from the sick person
- Do not dump waste in open areas



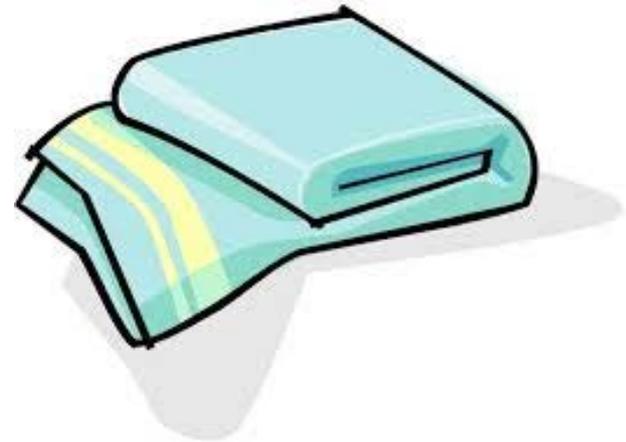
Protect your mouth and nose

Try to keep 2 meters distance from the sick person,
but if you need to be close...

Use a mask



Use a towel or cloth

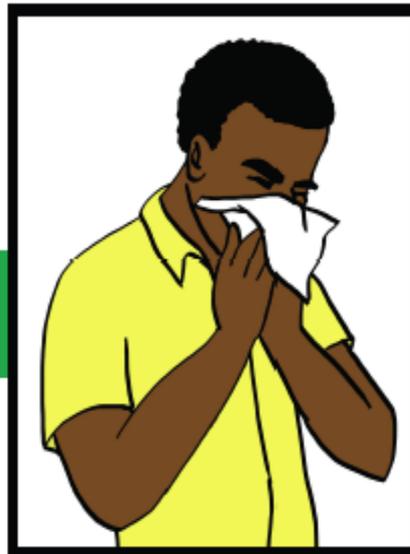


Sick people should cover their cough



Cough or sneeze into
your arm.

or



Use a tissue and then
throw away...



...then wash your
hands.

Preparation and use of chlorine

1:10 solution

- Soiled clothes
- Toilets
- Body Fluid Spills
- Floors/Environment

1:100 solution

- Bare hands and skin

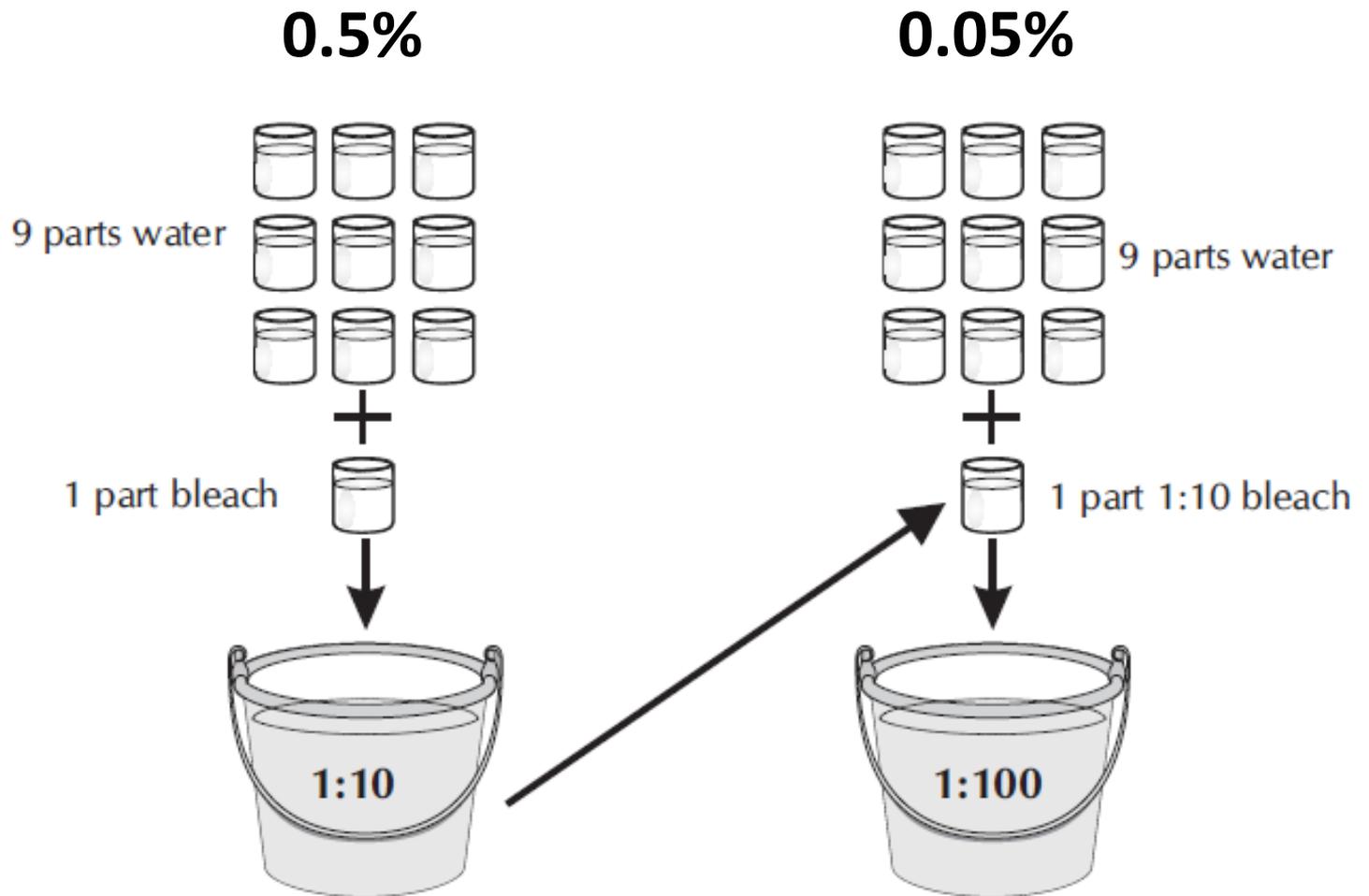
Calcium
hypochlorite
powder or
granules 70%

1 tablespoon per 2 liters of water

1 tablespoon per 20 liters of water



Making chlorine water from 5% bleach



After a sick person has used the toilet clean the toilet with chlorine



If you can, try to have a separate toilet for the sick person

After no more symptoms ...

- WE DO NOT KNOW EXACTLY THE DURATION of virus excretion
- For at least 2 weeks after getting better remain diligent with infection control practice
- Use condoms for 3months more

Report Any Dead Bodies Quick-Quick!

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

