



## **Avoiding Ebola**

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1. Ebola is a disease caused by a virus. More than half of people who get Ebola die from the disease but it can be prevented.
2. In this lesson we will look at how you can protect yourself and your family from Ebola. We will also look at what to do if you or someone in your community gets Ebola.
3. We are now going to hear about the different ways you can get Ebola.
4. You are most at risk of getting Ebola if you have spent time with someone sick with Ebola or if you have been to the funeral of someone who died of Ebola and stood close or touched their dead body.
5. The Ebola virus can enter your body through your nose, mouth, eyes or cuts in your skin. You can get Ebola from touching someone who is sick with Ebola or their body fluids
6. Body fluids are blood, faeces, vomit, saliva, semen, tears, sweat and breast milk.
7. You can get Ebola from touching clothes, bed linen, a mattress or other objects or surfaces that have been in contact with someone with Ebola or with their body fluids.
8. You can get Ebola from touching the body of someone who has died from Ebola.
9. You can get Ebola from having sex with someone who is sick with Ebola and for up to 3 months after their recovery.
10. You can get Ebola from bushmeat and contact with monkeys and bats. Now some questions about how you actually get Ebola.
11. How can you get Ebola?
12. By touching the body fluids of someone who is sick with Ebola?
13. Or by breathing the same air as someone with Ebola?
14. Press a button now.
15. Correct. You can get Ebola from touching the body fluids of someone who is sick with Ebola. Body fluids are blood, faeces, vomit, saliva, semen, tears, sweat and breast milk.
16. Another way to get Ebola is...?
17. By touching someone who has died of Ebola?
18. Or by talking to people, walking in the street and shopping in the market?
19. Press a button now.
20. That's right. You can get Ebola from touching the body of someone who has died from Ebola.
21. You CANNOT get Ebola just by breathing the same air as someone with Ebola.
22. You CANNOT get Ebola by talking to people, walking in the street or shopping in the market.
23. You CANNOT get Ebola from talking to or touching someone who has recovered from Ebola. People who have recovered from Ebola should be welcomed back into the community.
24. Washing your hands thoroughly with soap and water will kill the Ebola virus and help prevent it spreading to your friends and family.
25. It can take up to 21 days after the Ebola virus enters someone's body before they become sick.

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26. If the Ebola virus has entered your body, you cannot give Ebola to other people while you feel healthy. You can only give Ebola to other people after you start to become sick.
27. If you have been in close contact with someone with Ebola or have touched the body of someone who has died from Ebola you should minimize contact with other people for 21 days.
28. You should not travel or go to big gatherings for 21 days. During these 21 days you should watch your health very carefully.
29. If you become sick with fever within 21 days of being in contact with someone with Ebola or touching the body of someone who has died from Ebola it is very possible that you have Ebola yourself.
30. Immediately you become sick you must keep away from other people, as there is a risk that now you are sick, you could give Ebola to others.
31. After you have been in close contact with someone who is sick with Ebola or someone who has died of Ebola, how long should you watch your health carefully for?
32. 7 days
33. or 21 days?
34. Press a button now.
35. That's right. You should watch your health very carefully for 21 days.
36. Now we are going to look at the symptoms of Ebola
37. Ebola starts suddenly with a high fever. As well as having a fever, a person with Ebola often feels very tired, has a headache and pains in the body and does not want to eat.
38. Later they may have vomiting, diarrhoea, a rash or red eyes. They may also start bleeding.
39. It is often difficult to tell the difference between Ebola and other common diseases like malaria. The only way to know for sure if someone has Ebola is to do a special blood test.
40. If you suddenly develop a fever, could you have Ebola?
41. Yes,
42. Or no?
43. Press a button now.
44. Correct. Suddenly developing a fever is one of the first signs of Ebola.
45. Anyone who has fever in an area in which there is Ebola may have the disease and should be seen by health staff.
46. If you are sick and there is any possibility you have Ebola it is very important you keep away from other people and go to an Ebola treatment centre immediately.
47. If there is no Ebola treatment centre near you, then you should go to the nearest health clinic.
48. If you are sick with Ebola and stay at home, you are less likely to recover and more likely to give the virus to your family and friends.
49. A person with Ebola should not travel on public transport. If you have Ebola and are unable to walk to the Ebola treatment centre then ask someone to arrange for a health car to come and collect you.
50. While other people are arranging for you to be taken to an Ebola treatment centre they should avoid touching you.

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51. They should also avoid touching any bedding or clothes you touched since you became sick.
52. What should you do if you think you are sick with Ebola?
53. Stay at home?
54. Or go to the Ebola treatment centre or health clinic?
55. Press a button now.
56. Correct, you should go to the Ebola treatment centre or health clinic as soon as you think you may have Ebola.
57. If you have Ebola you need to drink plenty of fluids such as water, soup and tea.
58. If you have Ebola you should try to eat even if you do not feel hungry. Your body needs food to help you recover. If you do not feel hungry, eat little and often.
59. If you are sick with diarrhoea or vomiting you should drink lots of oral rehydration mixture. You should try to drink as much fluid as you are losing.
60. You can make oral rehydration mixture at home by mixing one litre of clean water with six teaspoons of sugar and half a teaspoon of salt.
61. If you are sick with Ebola and have fever or pain you can take paracetamol to reduce the fever and help you feel better. Do not take aspirin or ibuprofen as these can make bleeding worse.
62. If someone is vomiting or has diarrhoea, what can you do to help them?
63. Nothing can help them.
64. Or help them to drink plenty of clean water and oral rehydration mixture?
65. Press a button now.
66. Good. Someone who is vomiting or has diarrhoea must drink plenty of clean water and oral rehydration mixture.
67. Now we are going to learn about what you should do if someone has Ebola and it is impossible for them to go to an Ebola treatment centre.
68. If you develop signs of Ebola and it is impossible for you to go a health clinic immediately it is very important you keep away from other people.
69. If you need help then it is best to receive it from just one person. No one else should come close to you.
70. You should stay in just one room and no one else should enter that room other than the person who is caring for you.
71. If you want to sit outside then you should have your own chair or mat that no one else uses.
72. No one else should use the same latrine as you are using.
73. You should have your own cup, plate and spoon and no one else should use these or touch these.
74. What should you do if you have Ebola?
75. Share your things with other people?
76. Or keep yourself and your things away from other people?
77. Press a button now.

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78. That's right. If you are sick with Ebola you should keep yourself and your things away from other people.
79. Now we are going to learn how to care for someone with Ebola.
80. The person who is caring for you should wear rubber gloves and, if possible, other protective clothing.
81. The person who is caring for you should avoid touching their own face or mouth without first washing their hands very carefully with soap and water. They should never eat or drink in the same room as you.
82. The person who is caring for you must take off the protective clothes and gloves and wash their hands very well with soap and water before mixing with other people or eating or drinking.
83. What should you do if you are caring for someone who has Ebola?
84. Drink traditional medicine?
85. Or wash your hands regularly with soap and water?
86. Press a button now
87. Yes that's correct. If you are caring for someone who has Ebola you should wash your hands regularly with soap and water.
88. If you are sick with Ebola then the clothes, bedding and other objects you touch are dangerous to other people.
89. If it is possible to get bleach then mix one cup of bleach with 10 cups of water. This bleach mixture can kill the Ebola virus on dirty surfaces, clothes and other objects.
90. Never drink bleach or put it in a person's eyes.
91. If it is necessary to keep and reuse clothes, sheets and towels they should be soaked in the bleach mixture. They must be completely covered with the mixture for at least one hour, then washed with soap and water. If possible dry them in the sun.
92. New bleach mixture must be made every day, as it does not work after 24 hours.
93. If a surface is dirty with body fluids such as vomit or diarrhoea, the dirty area should be covered with the bleach mixture and left for 30 minutes before cleaning.
94. The room or house where someone has been sick with Ebola must be thoroughly cleaned before other people enter it. If possible ask health staff to come and do the cleaning.
95. If this is not possible then wear gloves and wash all the surfaces and any objects in the room very carefully with bleach mixture.
96. Objects like mattresses that cannot be washed properly with bleach should be burned.
97. What is the best way to clean the room and things of a person who has Ebola?
98. Using water and a good brush?
99. Or a bleach mixture?
100. Press a button now.
101. Correct. The best way to clean the room and things of a person sick with Ebola is to use a bleach mixture that can kill the Ebola virus on dirty surfaces, clothes and other objects.
102. Now we are going to learn what to do when someone dies from Ebola.

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103. It is very dangerous to touch the body of someone who has died from Ebola. If someone dies from Ebola, ask health staff to arrange for the body to be buried. If it is impossible to get health staff to bury the body then as few people as possible should be involved in burying it.
104. The people who have to touch the body in order to bury it should wear gloves or plastic bags to protect their hands. As soon as they have buried the body they must burn the gloves or plastic bags and wash their hands very well with soap and water.
105. They should also either throw away or soak in bleach any clothes they were wearing that may have touched the dead body.
106. Many people have got Ebola from attending funerals. People must keep at least one metre away from the body of someone who has died from Ebola, before it is buried. They must not touch the body.
107. How close can you get to the body of someone who has died of Ebola?
108. Less than one metre away?
109. More than one metre away?
110. Press a button now.
111. Correct. You should keep at least one metre away from the body of someone who has died of Ebola.
112. Remember that any clothes, furniture or other objects that were touched by the dead person while they were sick may give the disease to other people.
113. It is dangerous for people to go into the room where the person was sick. It must be thoroughly cleaned using bleach. If possible ask health staff to disinfect the room.
114. Now we are going to hear about what to do when someone recovers from Ebola.
115. After someone has recovered from Ebola they should use a condom or not have sex for 3 months, as Ebola can survive in the semen for some weeks.
116. Apart from this it is completely safe for people who have recovered from Ebola to mix normally with other people.
117. People who have recovered from Ebola should be welcomed back into their community. It is completely safe to talk with them, touch them, eat with them, play with them and work with them.
118. People who have recovered from Ebola can help their communities by looking after others who are sick with Ebola. They should use protection like gloves but it is unlikely they will get Ebola again.
119. What should you do when people have recovered from Ebola?
120. Tell them to stay away?
121. Or welcome them back into your community and spend time with them?
122. Press a button now.
123. That's right. People who have recovered from Ebola should be welcomed back into their community. It is completely safe to talk with them, touch them, eat with them, play with them and work with them.
124. There are many people who say things about Ebola that are not true. It is very important to get correct information.
125. Ebola is NOT caused by witchcraft, or a curse, or the government.

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126. Ebola is NOT caused by health workers.
127. Ebola is NOT cured by fasting
128. Ebola is NOT prevented by eating raw onions, salt or condensed milk.
129. What is better for someone who has Ebola?
130. Eating?
131. Or fasting?
132. Press a button now.
133. Yes, if you have Ebola you should try and eat to keep your body strong to fight the illness.
134. Let's look at some other ways you can try to stay healthy.
135. All food, especially meat, should be cooked very thoroughly.
136. Some foods help to protect you from illness and help to keep you healthy. These protective foods are mainly fruit and vegetables.
137. You should try to eat fruit and vegetables every day as they are very good foods for your body. Just remember NOT to eat fruit that has been bitten or partly eaten by bats. Other fruit and vegetables are good to eat.
138. Why are fruit and vegetables good for your body?
139. Because they make you fat?
140. Or because they help you keep healthy?
141. Press a button now.
142. That's right! Fruit and vegetables help you keep healthy and help protect you from illness.
143. How often should you eat fruit and vegetables?
144. Once a week?
145. Or every day?
146. Press a button now.
147. Correct! You should try to eat fruit and vegetables every day, as they are very good foods for your body.
148. Here is a reminder about what we have learned.
149. You have learned that if someone gets Ebola then they should go to an Ebola treatment centre immediately.
150. You have learned that it is very important not to touch the body of someone who has died from Ebola
151. and you have learned that if someone recovers from Ebola then it is completely safe to welcome them back into the community.
152. Talk with your family and people in your community about what you have learned. Make sure you know where the nearest Ebola treatment centre is and how you can contact the staff there to get help.
153. Find out where you can get gloves and bleach. Together with other people in your community make a plan about how to help anyone who gets Ebola. Working together you and your community can protect yourselves and stop the spread of this disease.

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154. That was the wrong answer. Let's go back and listen again.
155. Sorry! Wrong answer.
156. Correct!
157. Hello. The title of this lesson is "Avoiding Ebola". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
158. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!