

Ebola:

Lower your risk

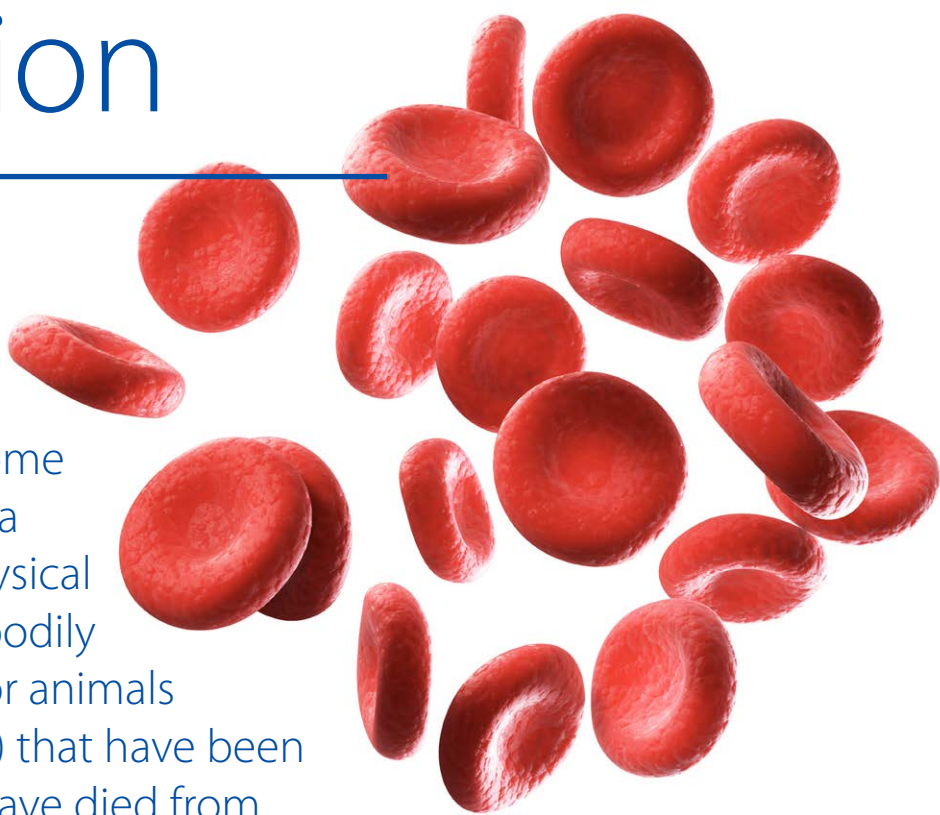
Ebola Virus Disease (EVD) is an extremely serious and often fatal disease. Follow these tips to lower your risk of becoming infected with the disease and to increase your chances of survival if you do become infected.

The symptoms of Ebola include:

- + Bodily aches and pains
- + High fever
- + Vomiting
- + Diarrhoea
- + Joint pain
- + Haemorrhaging (internal bleeding). This can show through bleeding from the ears, eyes, nose or mouth

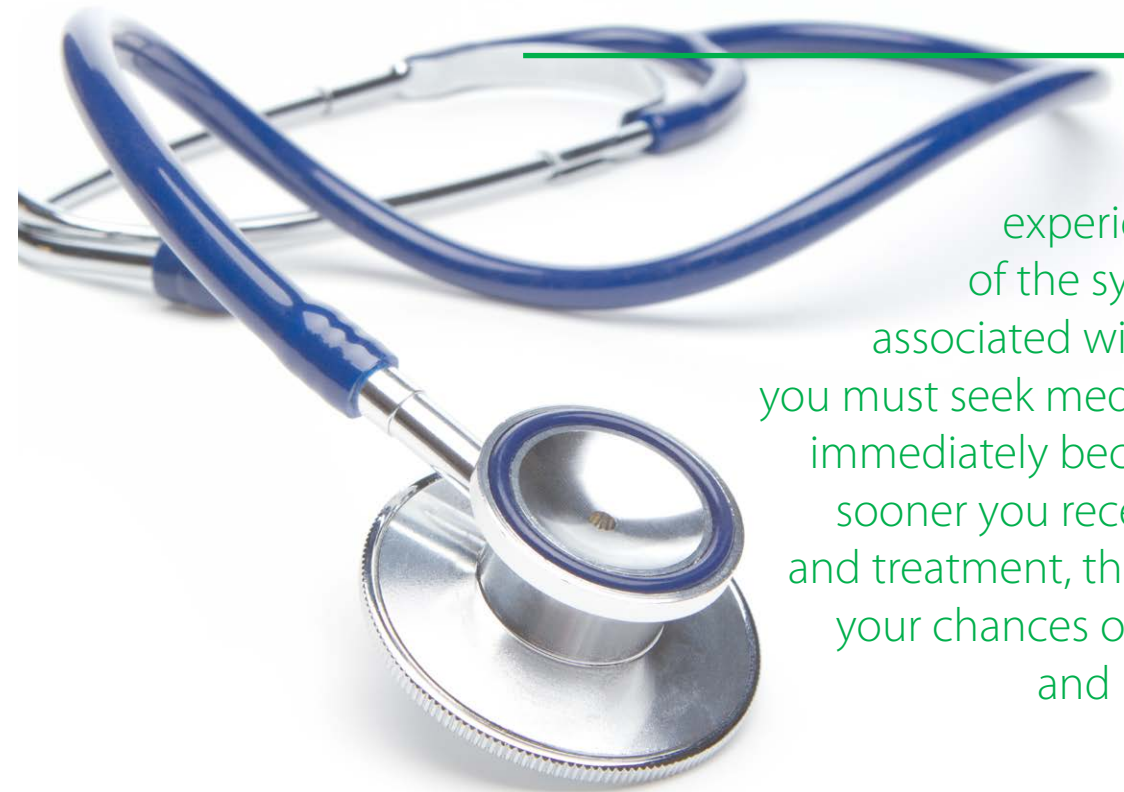
Infection

Unlike colds and flu, Ebola is not an airborne virus. You can only become infected with Ebola through direct physical contact with the bodily fluids of humans or animals (alive or deceased) that have been infected with, or have died from, Ebola. Bodily fluids which carry the disease include blood, urine, semen, faeces and vomit.



Seek help

If you experience any of the symptoms associated with Ebola, you must seek medical help immediately because the sooner you receive help and treatment, the greater your chances of survival and recovery.



Keep it clean

Hygiene is an important way of preventing the spread of Ebola. Wash your hands regularly throughout the day and also, if available, use alcohol hand gel/rub frequently. Never touch a person who has symptoms of Ebola and never touch the dead body of a person who was infected with Ebola or experienced symptoms.



Know your risk

The people who are at most risk are family members and those in contact with patients infected with Ebola or those who have died from the disease, such as medical and mortuary staff. On board ship, with seafarers living in such close proximity to one another, it is important to share knowledge about how to help stop the spread of Ebola and how to protect yourself and others from it. If you have symptoms, be honest and report this to your supervisors and seek medical help before it is too late – you will improve your chances of survival and will be helping your crew mates to avoid infection too.

Food for thought

Bush meat is associated with Ebola and although the current outbreak is mainly caused by human to human transmission, this current crisis is thought to have started through the butchering and eating of wild animals such as primates, bats and cane rats so it may be wise to avoid keeping such meats on board. However, if food products are hygienically prepared and properly cooked, this should deactivate the Ebola virus.

