

PROTECT YOURSELF
PROTECT YOUR FAMILY
PROTECT YOUR COMMUNITY from Ebola

gCHV Training on EBOLA Flipbook and IPC
September 2014



And partners

Liberia



Sierra Leone

Ebola

Things Everyone Should Know and Do

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

Tell others:

- About the signs and symptoms of Ebola
- About how Ebola is spread and how to prevent the spread
- What to do if someone has the signs and symptoms or has died from Ebola
- What to do if you have to wait for a help team
- About testing, treatment centers, contacts, and help teams

You will also know how to:

- Use the poster and flip book to give IPC on Ebola
- Keep a record of your work on Ebola

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 the biggest reason 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-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

You can **bleed** a lot from Ebola,
but not everyone bleeds.
Sometimes, people with Ebola
will have **blood** in their vomit or
poo-poo.

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

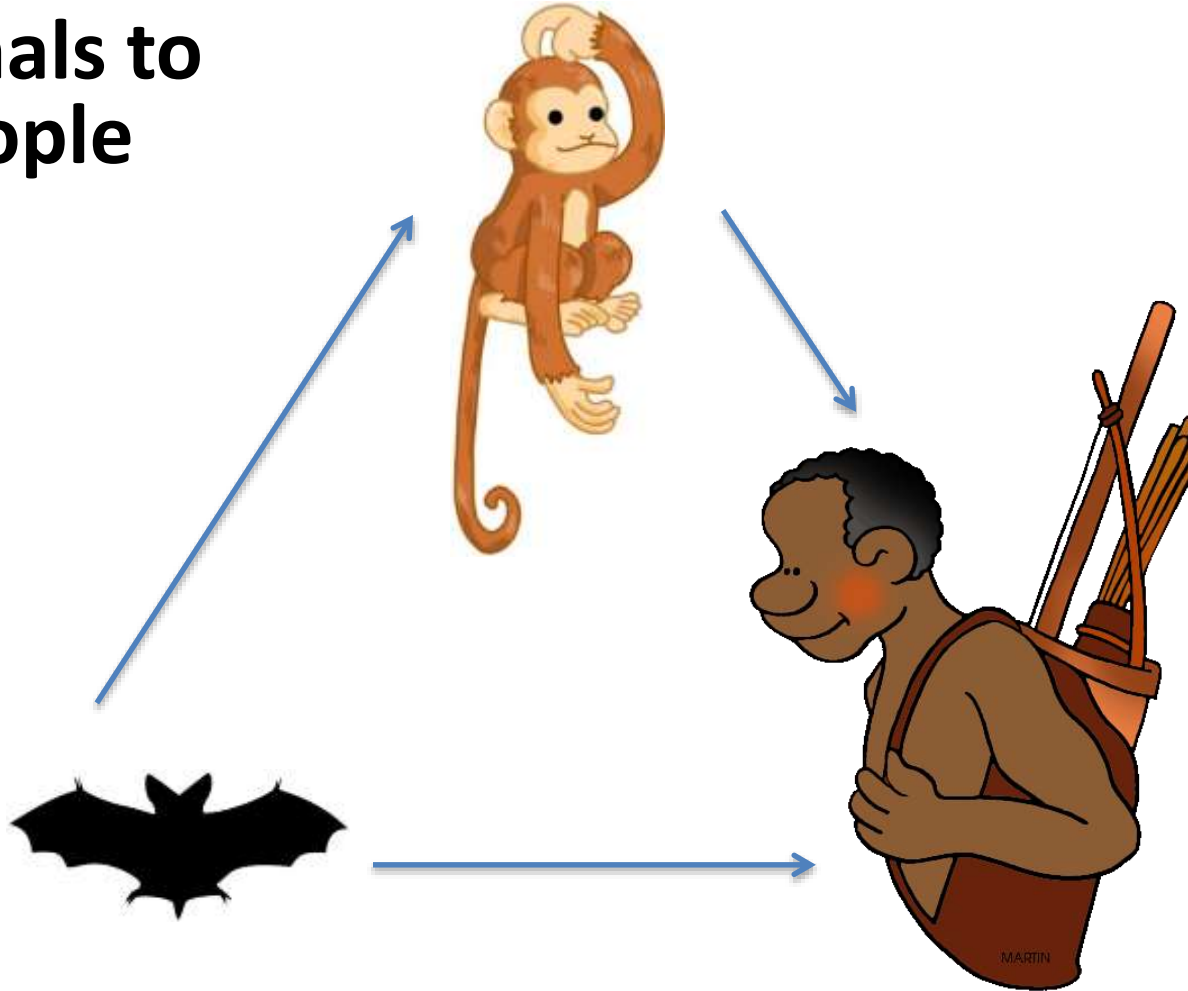
- Once the Ebola catch you, it can take **2 to 21** days before it start to show on you.
- You cannot test for ebola until you have had the symptoms.
- Signs of Ebola can last about 1 week.
- When Ebola signs come on plenty, it is easy to pass to others



How is Ebola spread?

Ebola is spread from...

Animals to
people



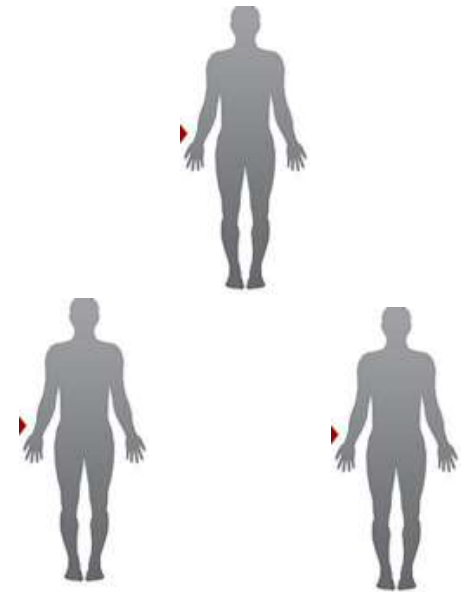
through body fluids of an animal that has ebola.

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

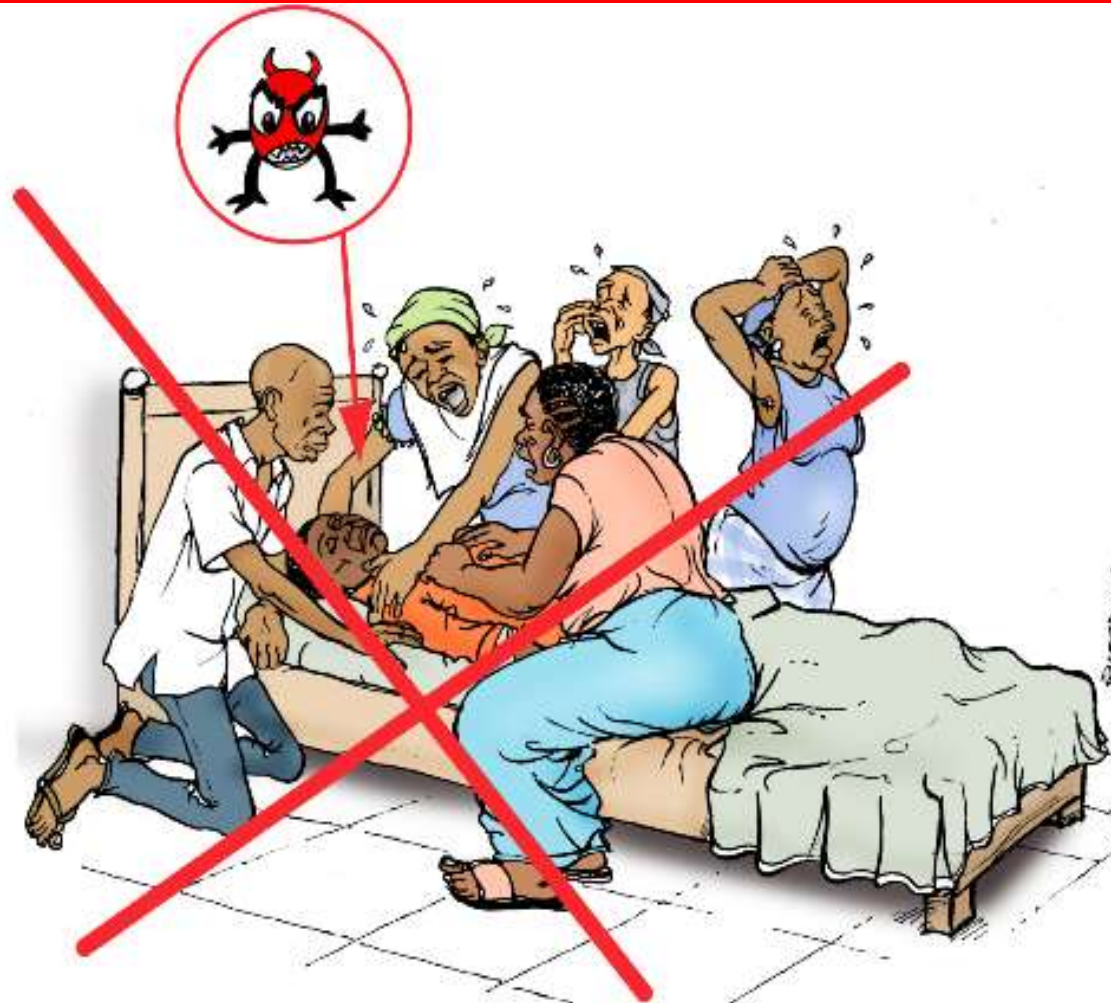


Sweat



“Man-woman
business”

It spreads from person to person by touching the skin, body fluids or personal belongings of a person that is SICK or has DIED from Ebola.

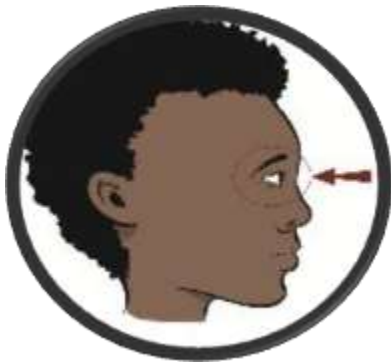


Traditional burial practices are Spreading Ebola in Liberia

- **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 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



Ebola is NOT spread by:

- Vaccines
- Air
- Mosquitoes
- Governments, religious groups, tribal or ethnic groups
- 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 also 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!

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!**



If a loved one 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 the correct care.
- Every county is different.
- Call 4455 and they will tell you what to do.



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. This person is the caregiver.
 - **The caregiver should not have any cuts on their hands!**
- Keep all other family members away from:
 - the sick person and their things
 - the caregiver
 - the area in the house where the sick person is



Wash your hands and COVER your hands in strong PLASTIC BEFORE

Touching or cleaning:

- the sick person
- their body fluids
- their personal things, like clothes, blanket, play things or phone
- the room or area the sick person is in



BEFORE YOU REMOVE THE PLASTIC

- **Wash your covered hands** (with plastic bags still on) in Clorox/chlorine water **BEFORE** you take off the plastic bags.
- **Burn** the plastic bags and **ALL** clothes that touched the sick person or any body fluids **quick-quick**.
- **Wash** your hands with Clorox/chlorine water and soap and water **quick-quick** after burning the bags.



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.

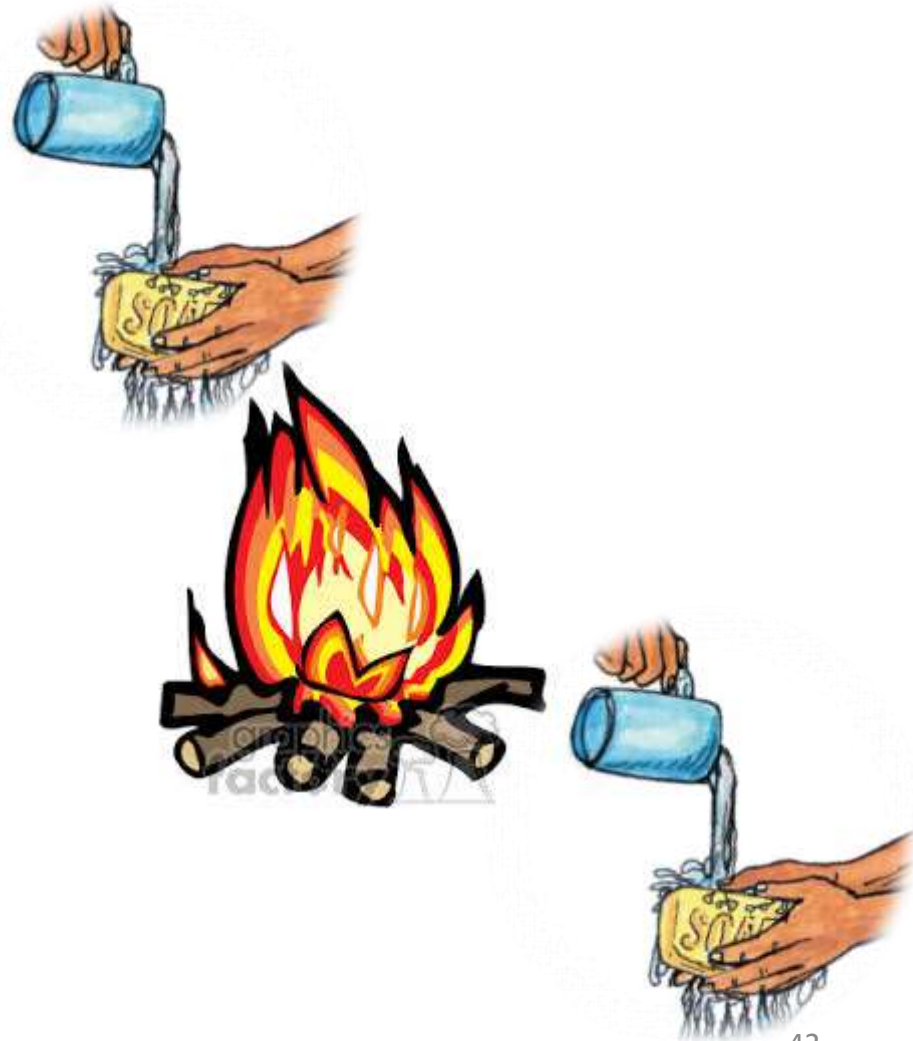
DEMOSTRATION, DISCUSSION, & ROLE PLAY

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

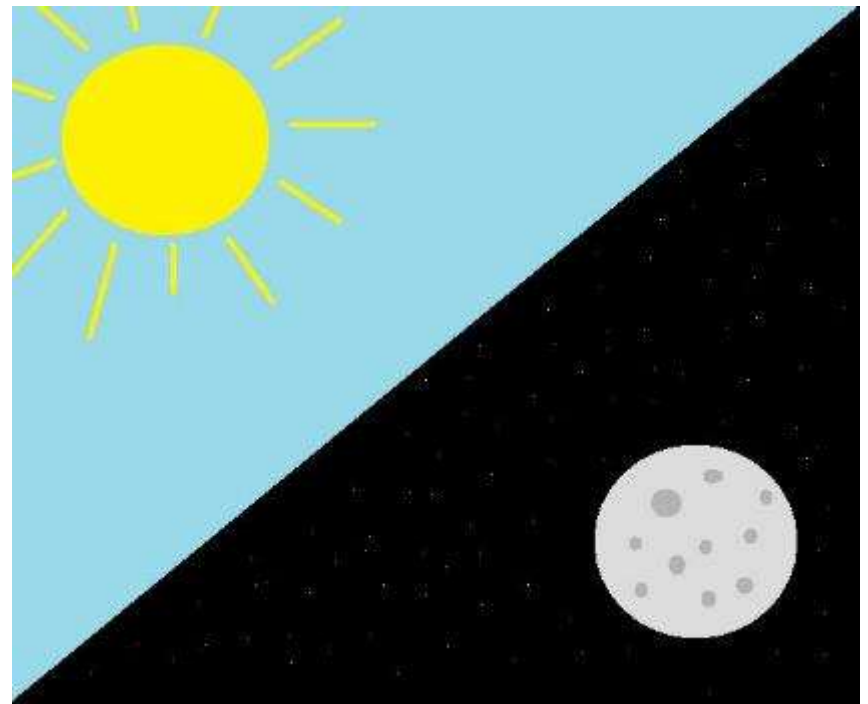
- **Wash** your skin quick-quick with soap and water or Clorox/chlorine water.
- Take off the clothes and **burn** them quick-quick
- **Wash** your hands with Clorox/chlorine water and soap and water quick-quick after burning the clothes.



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.



ENERGIZER BREAK

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.



Photo Source: John Moore / Getty Images <http://www.nbcnews.com/storyline/ebola-virus-outbreak/liberian-child-suspected-contracting-ebola-clings-life-n184406>

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.
- You will be asked to stay home and not to go around or touch people for 21 days.
- The hospital people will visit you every day to see if you have fever. This is so you can be tested and start care quick-quick if you get sick.
- This is called “contact tracing”.



Why is contact
tracing important?

Contact tracing stops the spread of Ebola by

- Finding all the people that were in contact with sick person. By doing this, it helps keep all the family members safe
- Making sure sick people 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.
- Call 4455.
- The body should be buried by a trained team to keep everyone safe.
- The team will wear protective clothing 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 of the victim.



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 have 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.



REVIEW ACTIVITY

Knowledge is power. Spread the word, not Ebola.



Your Voice Is Important!



To give correct information and mobilize:

- Community leaders
- Families of Ebola patients
- Friends and family members
- 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 people against sicknesses. Only a sick person can pass 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 can help your community to:**
 - Work with Ebola help teams
 - Give the correct information to families that have sick people
 - Watch for people hiding sick or dead bodies
 - Watch for people running away or burying the dead in secret



Your Talent Is Important!



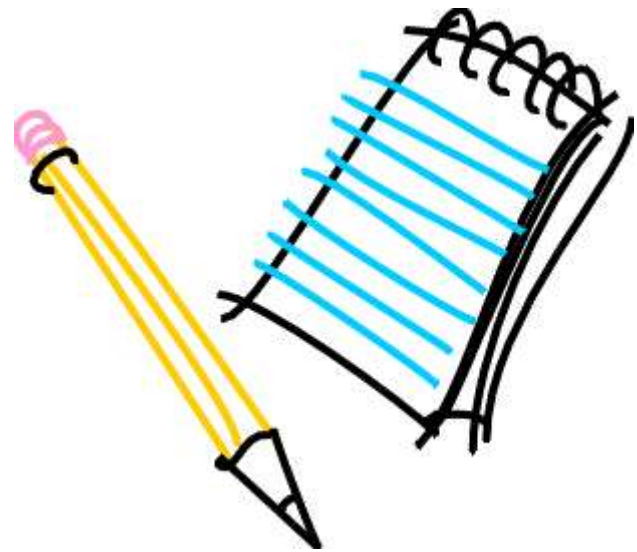
Source of photo: <http://www.aol.com/article/2014/08/04/u-s-missionary-with-ebola-leaving-liberia-tuesday/20941208/>

To help people listen and understand you can:

- Give house to house IPC with posters and flipbooks
- Hold a community meeting to teach about Ebola
- Sing, dance, perform drama, hold a parade or use story telling to teach talk on community radio
- Give demonstrations on hand-washing
- Lead by example

Keep a Record of the Work You Do On Ebola

- Write it down
- Give it to your supervisor or contact at the Ministry of Health



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

What would you do if...

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

We Can Only Stop the Spread of Ebola Together!

