

ALLIANCE FOR DEMOCRACY IN AFRICA (ADA)

Annual Activities Report: January 01, 2015—June 30, 2015

Community Sensitization on Ebola, January-June 2015

INTRODUCTION

An outbreak of Ebola is reported in Guinea Conakry, Liberia and Sierra Leone. Many people have been affected and others have died. Even though this disease is very serious and kills in a very short time, it can be prevented.

This sensitization program is designed to provide information to people in the following communities: Dutable and its surroundings in the North Bank Region, Jarumeh Koto and its surroundings in Central River Region, Sutukonding, and Sutukoba and their surroundings in the Upper River Region
The sensitization program focused on the following areas:

1. What is Ebola?
2. How is Ebola spread?
3. What should be done for someone suffering from Ebola?
4. Who is at risk of getting Ebola?
5. What are the symptoms and signs of a person suffering from Ebola?
6. How can Ebola be prevented?
 1. Ebola is a killer disease caused by a virus. It spreads very quickly from person to person, and it can kill in a very short time. However, Ebola can be prevented.
 2. Ebola is spread through the following ways:
 - direct contact with wounds, body fluids like blood, urine and stool of a person suffering from Ebola or splashing of such fluids from an infected person.
 - using skin piercing instruments that have been used by an infected person
 - direct physical handling of people who have died of Ebola
 - eating dead animals such as monkeys and bats.
 3. Anyone suffering from Ebola should be taken to the nearest health facility immediately for proper management.
 - a person suffering from Ebola should be handled with care using protective wear like gloves, goggles and mask
 - clothing and beddings of people suffering from Ebola should be disinfected with bleach to avoid infecting others.

4. Everybody is at risk of getting Ebola as the virus spreads through direct contact with blood and other bodily fluids of an infected person. People living with and caring for the patient are at a higher risk of getting infected.

- whenever possible, use gloves when handling patients suffering from Ebola in order to avoid contact with patients' body fluids.

- people who have died from Ebola can be also be very infectious if they are not properly covered with protective wear.

5. A person suffering from Ebola can show the following signs and symptoms:

- vomiting
- headache
- diarrhea
- sore throat
- skin rash and red eyes
- joint and muscle ache
- stomach ache

Bleeding through the body openings such as eyes, nose, ears, gums, and anus may or may not be present.

6. Ebola spreads very fast in unhygienic conditions, and In order to prevent yourself from catching Ebola, it is very important to maintain excellent personal hygiene, especially regular hand washing with soap.

- avoid direct contact with body fluids of people suffering from Ebola or those who have died as a result of the virus by wearing protective materials such as gloves and goggles.
- do not touch wounds of a person suffering from Ebola with unprotected hands.
- do not use skin piercing instruments which have been used on another person, especially a person suffering from Ebola.