World Health Organization

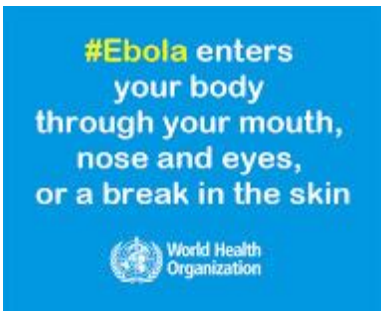
Global Alert and Response (GAR)

Ebola messages for the general public

To protect yourself, your family, and your community from Ebola virus disease, here are some things to keep in mind.

Ebola causes sudden high fever, extreme tiredness, headache, body pain, loss of appetite.

If you think you may have been exposed to Ebola, minimize close contact with others.



Ebola enters your body through your mouth, nose and eyes, or a break in the skin.

Wash your hands with soap and water after every contact with sick people.

You cannot spread Ebola until you are sick - sudden high fever, extreme tiredness.

Provide a sick person with plenty of drinks - water, soup, tea. No alcohol.

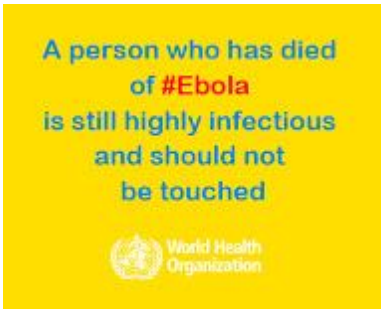
You cannot get (infected with) Ebola by talking to people, walking in the street, or shopping in the market.

Ebola patients need to drink water and litres of Oral Rehydration Solution every day.

If you do not have Oral Rehydration Salt at home, you can make your own. In 1 litre of clean water, add 6 teaspoons of sugar and 1/2 teaspoon of salt.

Do NOT give aspirin or ibuprofen to Ebola patients because they can make bleeding worse.

Recovered from Ebola? You can help your community take care of others who are sick with Ebola. With protection.



A person who has died of Ebola is still highly infectious and should not be touched.

Tho body of a person who has died from Ebola should only be handled by trained staff.

Ebola is very infectious, even after death. Pay respect from at least 1 metre away, without touching.

Abstain from sex if you start feeling ill.

Men should wear condoms during sexual contact for at least 3 months after recovery from Ebola.

Related links

Ebola: Protective measures for the general public

Ebola virus disease - website