

## For the people in general

Follow up regularly to get updated information from the Ministry of Public Health and learn about the current situation and have correct understanding.

## For the people who are traveling abroad DO:

1. Avoid unnecessary travelling to affected countries or areas. (Currently there are 3 countries and 1 city e.g. Guinea, Liberia, Sierra Leone, and Lagos city of Nigeria. More affected countries or areas may be added later by announcement of the Ministry of Public Health.)

2. Follow up for updated, official information from the Ministry of Public Health.

3. If travelling to affected countries or areas is inevitable, travelers must:

- Wash hands regularly with water and soap until they are clean.
- Avoid close contact with patients or touching them as well as their clothes and personal items.
- Seek prompt medical attention and reveal travel history to the attending physician if symptoms such as high fever, weakness, headache, muscle pain, sore throat, vomiting, diarrhea, and skin rash occur.



## **DON'T** (for travelers visiting affected countries or areas)

1. Do not eat any wildlife meat.
2. Do not touch any wildlife, especially monkeys or bats.
3. Do not pick or rub your nose or eyes with unwashed hands.
4. Do not have sexual intercourse with strangers.
5. Do not treat yourself when you have fever.



Updated advices, guidelines, data and information are available from

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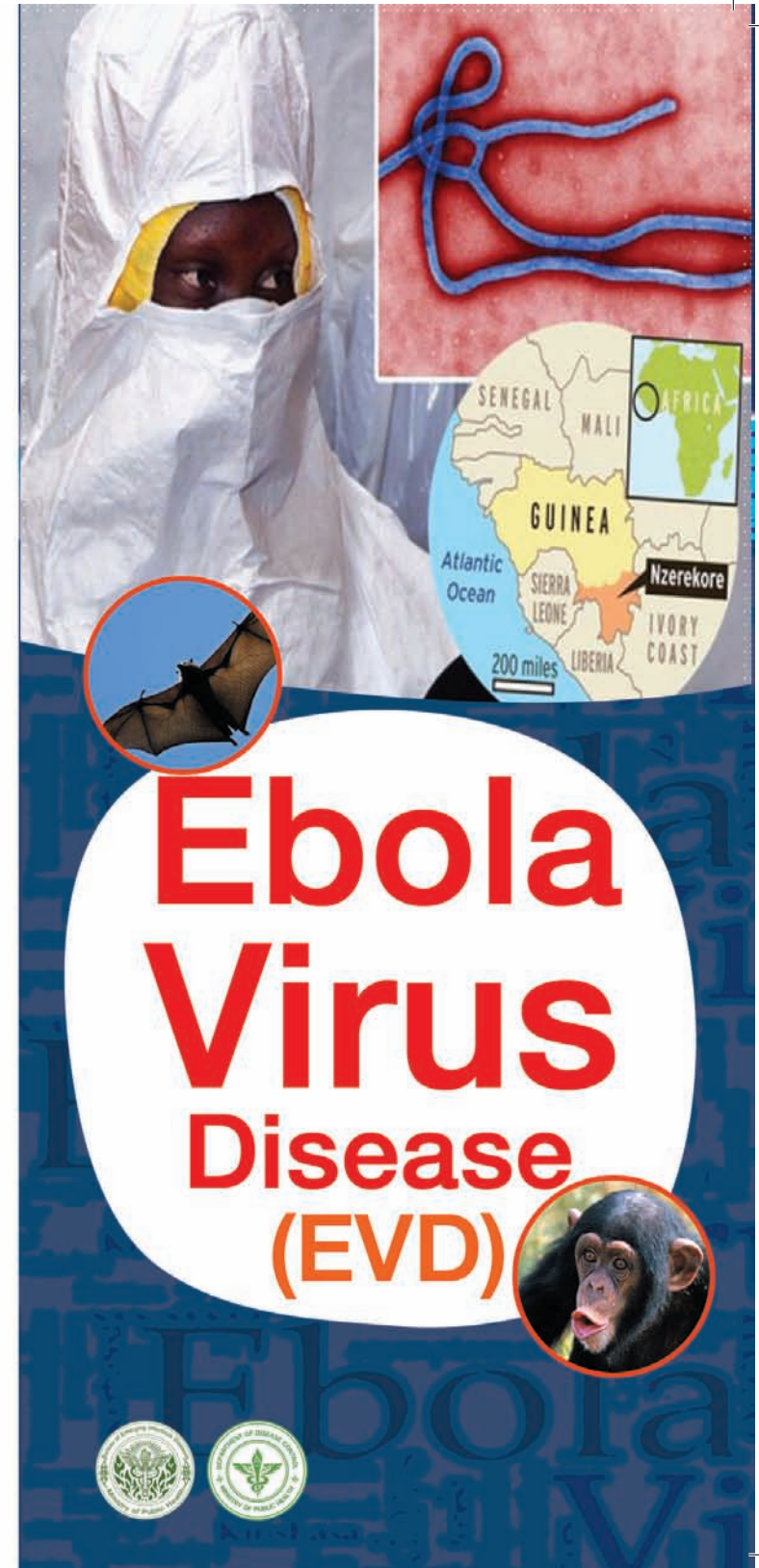
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**Ebola  
Virus  
Disease  
(EVD)**



## What is Ebola virus disease (EVD) ?

Ebola virus disease (EVD) is an acute, severe viral infection caused by ebolaviruses. There are 5 known species of the virus, namely, Ivory Coast ebolavirus, Sudan ebolavirus, Zaire ebolavirus, Reston ebolavirus, and Bundibugyo ebolavirus. Reportedly Sudan ebolavirus, Zaire ebolavirus, and Bundibugyo ebolavirus have caused large EVD outbreaks in Africa with case fatality rates : 50-90% while Ivory Coast ebolavirus and Reston ebolavirus usually do not cause severe illness. No death in humans from Reston ebolavirus has been reported to date.

## How is EVD transmitted?

Transmission from one human to another occurs through direct contact with infective blood or secretions such as nasal discharge, saliva, urine, feces, semen or organs. Moreover, frequent nosocomial infection can occur through the exposure to contaminated needles and syringes. Transmission of the virus has been found to occur frequently during burial ceremonies in which mourners have direct contact with the deceased person. Ebola is introduced into the human population through direct contact with blood, secretions or organs of infected wildlife, or during handling or butchering of dead mammals. So far there has been no report of disease transmission through air-borne route.

## What are the symptoms of EVD?

EVD is an acute and severe viral disease manifested by acute fever, intense weakness, muscle pain, headache and sore throat, followed by vomiting, diarrhea, skin rash, impairment of kidney and liver functions, and in some cases internal and external organ hemorrhage as well as death may occur.



## Vaccines and drugs

Vaccines for prevention and drugs for specific treatment of EVD are not yet available. All of them are being developed or under researches.

Severe patients need closely-monitored supportive treatment. Dehydration occurs frequently; hence, patients need rehydration solution to correct their symptoms, either orally or intravenously.



## Advice for public health officials

- Conduct surveillance measures at border checkpoints or international ports of entry where there may be travelers arriving from the affected countries or areas who manifest the symptoms similar to those of EVD. Such symptoms are: high fever, weakness, headache, muscle pain, sore throat, vomiting, diarrhea, and skin rash.
- Disseminate to the public knowledge on disease prevention and control, focusing on avoidance of contact with wildlife, avoidance of eating sick animals or animals that died from unknown causes especially monkeys or bats, avoidance of contact with secretions or blood from patients or the deceased persons.

*At the moment EVD is actively spreading in West Africa. Thais who have not traveled to those affected countries or areas carry very low risk to contract the disease. Followings are the "Do" and "Don't" about EVD.*

