

## Advice to returning humanitarian aid workers

Depending on the work that you undertook while providing humanitarian aid in an Ebola-affected country, **there may be a requirement for you to be monitored for 21 days** following your return home.

Please contact your local Department of Public Health on your return.

Details may be found on the HPSC website at: [www.hpsc.ie](http://www.hpsc.ie)



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# Returning from West Africa?

# EBOLA

## Important information about Ebola

**There is a large outbreak of Ebola in some countries of West Africa at the moment.**



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**Further information  
on Ebola is available on the  
HPSC website at**

**WWW.HPSC.IE**



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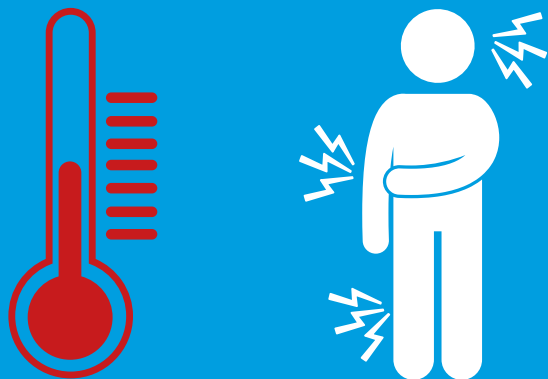
## What is Ebola?

Ebola is a severe infectious disease that is often fatal. It can also be spread by direct contact with the blood or other body fluids (like faeces, saliva, urine, vomit and semen) of someone who is sick with Ebola. It can also spread by direct contact with objects contaminated with a sick person's blood or body fluids or by direct contact with infected animals.

Unlike flu, **it is not spread through the air.**

**People with no symptoms of Ebola cannot spread the infection to others.**

The incubation period, that is the time between contact with the infected person and the time that symptoms appear, can range from 2 to 21 days.



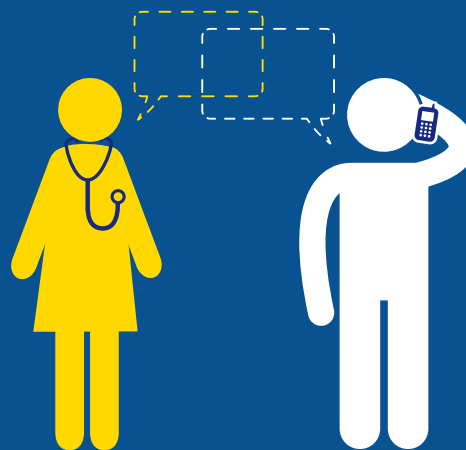
## What are the symptoms of Ebola?

- fever
- severe headache
- muscle pains
- vomiting
- diarrhoea
- stomach pain
- unexplained bruising or bleeding

## Advice to travellers coming back from an Ebola-affected country in West Africa

The risk that you have been exposed to the Ebola virus is low.

However, after leaving an Ebola-affected area, you should watch out for **fever, severe headache, muscle pains, vomiting, diarrhoea, stomach pain, unexplained bruising or bleeding within 21 days** (3 weeks) of leaving the affected area.



### If you have any of these symptoms:

- Contact a doctor urgently **BY PHONE**
- Tell them that you have returned from an Ebola-affected country
- Tell them **if you have had direct contact** with sick or dead people while you were there
- **Separate or isolate yourself** from other people until you have been medically assessed

*These symptoms may result from an infection such as malaria that also requires immediate investigation and treatment.*