



Phone Home STOP EBOLA!



West Africa needs your help...please call your family and friends who are in the countries affected by the Ebola outbreak. Give them the important facts listed below. Together we can STOP EBOLA!

DO

- Always wash your hands with soap and water.
- Seek medical care if you or your family get symptoms such as fever, headache, stomach pain, diarrhea, vomiting, or rash.
- Avoid contact with sick people.
- Trust health care workers. They are there to help you.
- Call your local health facility if someone dies at home.
- Tell others! Share these facts about Ebola with others!

DON'T

- DO NOT touch people who have symptoms of Ebola. DO NOT touch people who have died from Ebola.
- DO NOT touch the clothes or bedding of anyone who has been sick or died from Ebola.
- DO NOT touch any body fluids (vomit, saliva, pee, poop, blood) from people who have symptoms of Ebola.
- DO NOT play with monkeys or bats.
- DO NOT eat bush meat or bats.
- DO NOT eat fruit eaten by bats.