Taking Care of Someone with Suspected Ebola: Be Safe While You Wait

If a loved one is sick with suspected Ebola, call 117 for help. Do not touch them, their blood, or their body fluids (vomit, feces, urine, sweat). Tell them to drink plenty of Oral Rehydration Solution (ORS) or water. Patients who drink lots of ORS early have a much better chance of surviving.

Only one person should care for the patient while you wait for help to arrive. Do not let other family members come close or provide care. Stay at least 3 feet (1 meter) away from the patient. Do not touch the cup the patient drinks from. Refill the bottle without touching it. Do not touch the bedclothes, sheets, or other items the patient has touched while sick.

When caring for a sick loved one, do not touch them, and wash your hands often with soap and water or chlorine solution, even if you haven't touched them. Wear a protective barrier such as gloves and cover all uncovered skin. Wash your hands every time you provide care.

Patients with suspected Ebola should be cared for in a treatment facility. If you have a sick loved one, they have the best chance of surviving with medical care at a treatment facility. This helps to protect your family too.

U.S. Centers for Disease Control and Prevention

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