



Kerala.HEALTH

EBOLA

**FREQUENTLY ASKED
QUESTIONS (FAQ)**

1. What is Ebola?

Ebola is a fatal disease caused by the Ebola virus. The presence of the Ebola virus has been confirmed in bats and monkeys in Africa. The disease can spread through contact with these animals and through contact with people infected with Ebola. However, the presence of the Ebola virus has not yet been confirmed in bats or monkeys in Kerala. Therefore, at present, the possibility of transmission in Kerala exists only through infected individuals arriving from affected countries.

Ebola can spread very rapidly from one person to another and may lead to death within a short period. The fatality rate of Ebola ranges from 40% to 90%.

2. Can Ebola spread from infected individuals before symptoms appear?

No. Ebola does not spread from an infected person before symptoms appear. The incubation period of the disease ranges from 2 to 21 days.

3. What are the symptoms of Ebola?

Fever (high fever)

Abdominal pain

Joint pain or body pain (especially chest pain)

Headache

Vomiting (sometimes with blood)

Diarrhoea (sometimes with blood)

Dehydration (dry tongue, sunken eyes)

Red spots on the skin /itching

In severe cases, bleeding may occur from the mouth, eyes, nose, ears, or rectum.

A person becomes capable of spreading the disease only when one or more symptoms appear.

4. Can a person recover from Ebola?

Yes. Recovery is possible if treatment is sought at the earliest.

5. Can a recovered Ebola patient spread the disease to others?

No. Before recovered Ebola patients are discharged home, blood tests are conducted to ensure that the virus is no longer present in their body.

However, even after recovery, unprotected sexual intercourse should be avoided for at least three months.

6. How does Ebola spread from person to person?

Ebola can spread through body fluids such as saliva, sweat, stool, urine, semen, vaginal secretions, nasal discharge, and blood. The virus spreads when these infected body fluids enter the body through broken skin, eyes, mouth, or other mucous membranes.

7. Can Ebola spread through handshakes?

Yes. If an infected person has not properly washed their hands with soap, Ebola may spread through handshakes.

8. How much distance should be maintained from suspected Ebola patients?

Distance itself is not the most important factor. Ebola spreads through contact with the body fluids of infected individuals. However, health workers' instructions should be strictly followed. Avoid touching or handling objects used by a suspected Ebola patient. Frequently washing hands with soap and water or using sanitizer can help prevent transmission.

9. Can Ebola spread through bat urine or droppings?

Yes. African bats are known carriers of the Ebola virus. However, the presence of the Ebola virus has not yet been confirmed in bats in Kerala.

Contact with the urine, droppings, or other secretions of infected African bats can spread Ebola.

10. What should a person do if they arrive from Ebola-affected countries and are under home quarantine?

They should immediately inform the nearest health centre. Even family members should avoid close contact as much as possible for 21 days. If any symptoms appear during this period, the local health centre must be informed immediately, and treatment should be

sought as early as possible according to the instructions of health workers. For more information, contact the “Disha” helpline at 1056 or 104.

11. Where is treatment for Ebola available?

There is no specific cure currently available for Ebola. Patients should first inform the nearest health centre and then seek treatment as instructed by healthcare workers. Early treatment increases the chances of recovery.

12. Can suspected Ebola patients be cared for at home?

No. This may lead to the spread of the disease. The nearest health centre should be informed in advance, and further steps should be taken according to the instructions of health workers.

13. How can Ebola be prevented?

- Wash hands frequently with soap and water
- Avoid contact with infected individuals
- Avoid contact with wild animals in outbreak situations
- Immediately inform the local health centre in case of suspicion
- Observe a 21-day home quarantine if returning from outbreak-affected areas.



For information and queries:
DISHA 1056, 104, 0471 2552056



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