



Ebola Viral disease

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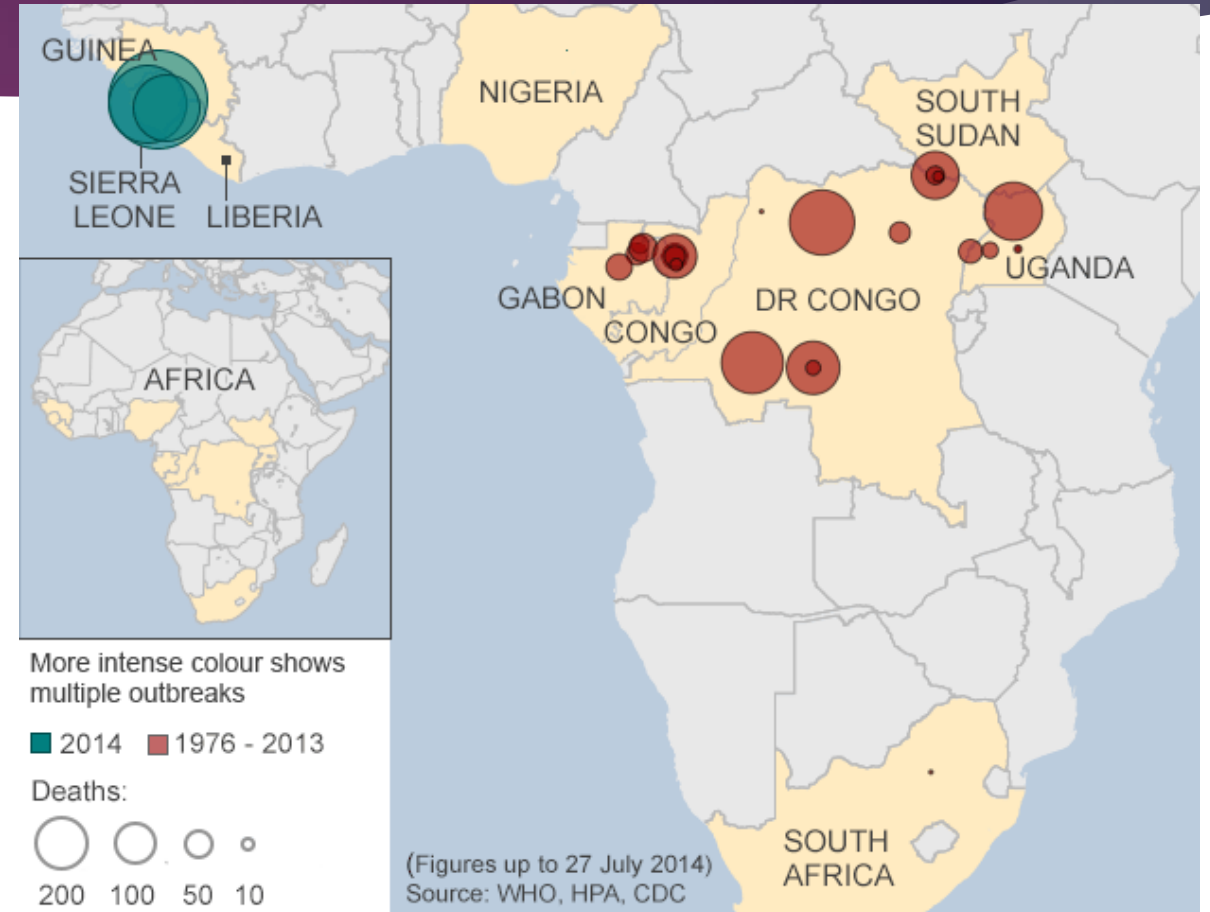


what is Ebola

- ▶ Highly infectious viral disease with a 50-90% mortality
- ▶ There is currently no cure

History of Ebola

- ▶ Not a new disease
- ▶ Known for the past 40 years
- ▶ Discovered in the 1976 in Sudan and Zaire (DRC)
- ▶ Responsible for several outbreaks in the past, mainly in central Africa
- ▶ Last recorded outbreak was in Uganda in 2012



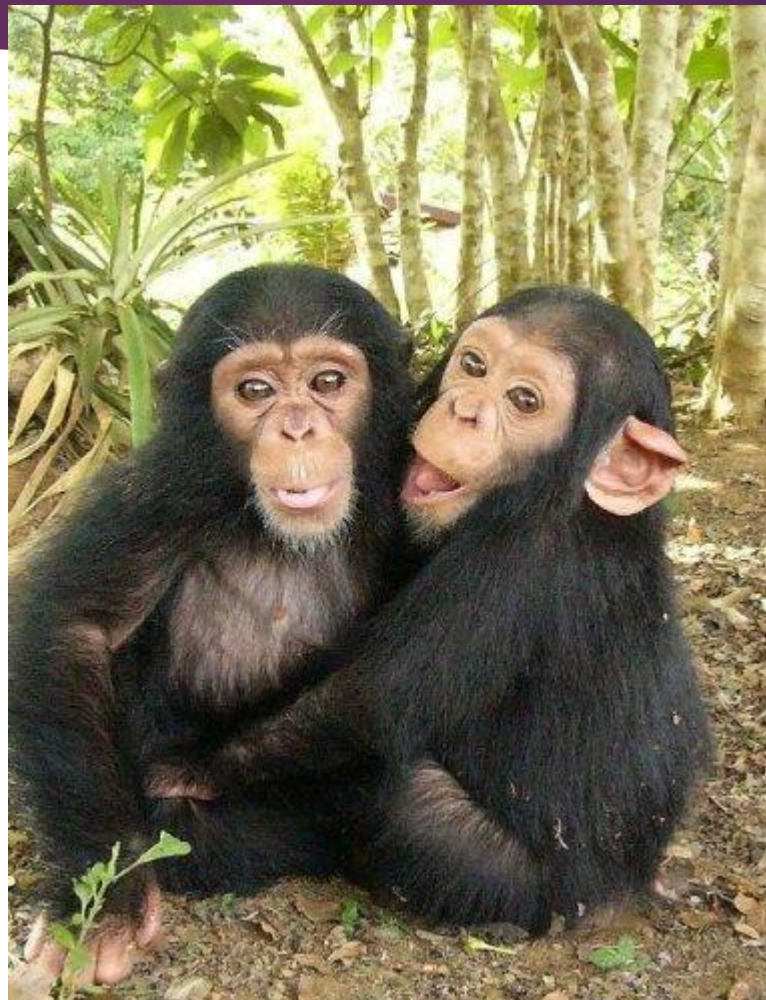
Current situation

- ▶ This is the first outbreak in West Africa and the largest ever recorded outbreak spanning multiple countries
- ▶ Started in Guinea Liberia Sierra Leone Nigeria
- ▶ As at 12/9/2014 almost 5000 cases have been confirmed with about a 2400 deaths in the four affected countries

How can one get it

- ▶ Transmission is usually by symptomatic individuals
- ▶ Mainly human to human contact
- ▶ Contact with bodily fluids (saliva, urine, stool, vomitus, semen)
- ▶ Can be spread through contact with material soiled by patient bodily fluids e.g. hospital bedding/clothing etc
- ▶ **Not airborne**
- ▶ May be spread through eating of infected bats, monkeys and chimpanzees

Transmission



Symptoms

- ▶ It takes 2-21 days for an infected person to develop symptoms
- ▶ Fever, sore throat, intense muscular ache
- ▶ Nausea, vomiting, abdominal pain and diarrhea
- ▶ Bleeding from all orifices(occurs late in the disease)
- ▶ Early symptoms are nonspecific, may mimic other common febrile conditions like malaria, thus a high index of suspicion is required



Risk groups

- ▶ Anyone who comes into contact with bodily fluids of an infected patient
- ▶ Especially family members, caregivers, healthcare workers

Can Ebola be cured?

- ▶ Not at the moment
- ▶ Supportive therapy can be offered in hospital. Without this an infected individual will surely die.
- ▶ Not all sufferers die, some people survive
- ▶ The so called serum in America is an experimental drug and not licensed for use

How can we prevent Ebola?

- ▶ We must all be vigilant
- ▶ When you don't feel well visit your doctor immediately
- ▶ If anyone comes from the current affected countries and is sick report to a hospital as soon as possible minimizing contact with people as much as possible
- ▶ If you have to help anyone who is sick to the hospital especially individuals with vomiting & diarrhea, ensure you don't come in contact with their bodily fluids

How can we prevent Ebola?

- ▶ Practice hand hygiene always
- ▶ Avoid contact with dead bodies whose cause of death are not known (many individuals have contracted the disease this way)
- ▶ Avoid contact with dead wild animals



Take home message

- ▶ Ebola is real and very dangerous
- ▶ It has no cure, but supportive therapy is available for affected individuals
- ▶ If you have friends/family members returning from any of the affected countries within a month or come in contact with an ill person from the affected countries presenting with fever visit the hospital immediately and alert health officials of travel history
- ▶ Remember to always wash your hands wherever you are.

Thank you

