

EVD key facts:

- The incubation period (the time interval from infection to onset of symptoms) is between 2 and 21 days;
- People are only infectious once they develop symptoms;
- Infection results from contact with the blood, secretions or other bodily fluids. There is no evidence of airborne transmission of EVD;
- People remain infectious as long as their blood and body fluids contain the virus;
- Ebola virus can be destroyed by soap, alcohol gel or chlorine solution of a specific concentration.

Contact information

(Put the relevant contact here)

For further information about **Ebola virus disease**, visit the ILO, WHO and CDC Internet Sites
www.ilo.org/ebola
www.who.int/csr/disease/ebola/en/
www.cdc.gov



International
Labour
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Ebola Virus Disease (EVD)

Protect yourself
and your colleagues
at the workplace

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Protect yourself and your colleagues at the workplace

The risk of Ebola transmission at workplaces where there is no direct contact with infected people (or animals) or their body fluids is low. But even one case of EVD could have serious consequences. You can do a lot to prevent EVD and protect yourself and your colleagues. Please take a few minutes to review the information contained in this leaflet.

Ebola transmission

Ebola transmission occurs through direct contact with the blood, secretions (stool, urine, saliva, semen) or other bodily fluids of infected people, as well as with surfaces and materials (e.g. bedding, clothing, paper towels) contaminated by these fluids. There is no evidence of airborne transmission of EVD.

Typical EVD symptoms include:

Fever, intense weakness, muscle pain, headache, sore throat, followed by vomiting, diarrhoea, rash.

The risk of contagion is present when one or more of these symptoms appear.

If you show typical EVD symptoms:

- Remain at home;
- Do not use public transportation;
- Stay away from other people;
- Seek urgent medical assistance;
- Follow exactly the medical instructions you will receive;
- Remember that prompt access to medical care improves the chance of recovery.

To keep safe:

- Wash your hands with soap and clean water regularly;
- Use alcohol-based handrub solution;
- If available, make use of the toilet seat disinfectant;
- Avoid body contact with a person when you suspect she/he is unwell;
- Urge your colleagues to read this information.

▶ If you are in, or have recently travelled to an Ebola-affected country:

Take your temperature in the morning and evening (for travellers, for 21 days from the day you left the Ebola-affected country). Immediately report any onset of fever or other EVD symptoms to the nearest health unit and follow the instructions you will receive.

▶ If you have been in contact with someone who is a confirmed or suspected EVD case, or if you attended the funeral of someone who was a confirmed or suspected to EVD case:

Even if you are feeling well, report to the health unit without delay.