



Ebola virus disease

Ebola is a severe, often fatal illness in humans with a case fatality rate of up to 90%. It occurs primarily in remote villages in Central and West Africa, near tropical rainforests. Fruit bats are considered to be the natural host of the Ebola virus.



How do You get Ebola Virus?

- Bodily fluids of person who is sick with or has died from Ebola like blood, vomit, pee, poop, sweat, semen, spit and other fluids.
- Infected animals by contact with blood or fluids or infected meat.
- Objects contaminated with the virus like needles, medical equipment.



The incubation period, that is, the time interval from infection with the virus to onset of symptoms, is 2 to 21 days. After 21 days if an exposed person doesn't develop symptoms, they will not become sick with Ebola.

Signs and symptoms:

- Fever
- Weakness
- Muscle and joint aches
- Lack of appetite
- Unexplained bleeding
- Sore throat
- Vomiting
- Stomach pain
- Diarrhea
- Rash
- Headache



Diagnosis It is diagnosed in a laboratory through several types of tests.

Vaccine and treatment No licensed vaccine and treatment are available. The treatment is supportive.

Preventive tips of the disease

- Avoid traveling to affected countries and if must, then you need to wear masks and gloves continuously.
- Constantly wash your hands with soap and water or disinfectant.
- Avoid contact with body fluids and secretions of infected or suspected cases or any intimate physical contact.
- Avoid eating bush meat hunting in the affected states, particularly in West and Central Africa.
- Avoid contact with animals in the epidemic areas.

Actions taken by Kingdom of Bahrain

- Suspension of issuing visas for those coming from affected countries (Guinea, Liberia, Sierra Leone, Nigeria).
- Suspension of importation of meat and its product from affected countries.
- Raise awareness of Hajj pilgrims as well as the travel agents..
- Symptoms screening for persons from affected area who already entered to the kingdom in the last month.
- Continuous follow-up with the World Health Organization and the Executive Office of GCC Council for the latest outbreak updates and the recommendations in this regard, in order to take the required steps accordingly.
- Issued an updated circulars to all governmental and private health sectors, and provide them with the essential information to deal with any suspected cases.