

EBOLA

TRAVEL ADVICE

Cases of the Ebola virus have recently been reported in certain regions of the Democratic Republic of the Congo (DRC) and Uganda. Although the epidemic remains limited, it is important to stay vigilant.

HAVE YOU OR ANYONE YOU KNOW TRAVELLED TO AN EBOLA RISK AREA?

Monitor for the following symptoms for 3 weeks after your or their return: sudden high fever, severe fatigue, headache, muscle pain, nausea or diarrhoea.



WHAT TO DO IF SYMPTOMS DEVELOP

- Avoid all contact with other people.
- Contact your general practitioner (GP) immediately BY TELEPHONE. Explain your recent travel and your symptoms.
- Do not go directly to your GP or the emergency room without prior medical advice by telephone.
- If you do not have a GP or if your GP is absent, call 1733.

WHAT TO DO IF YOU HAVE TO TRAVEL TO AN AREA WHERE EBOLA IS PRESENT

If you cannot postpone your trip, it is strongly recommended to strictly follow the prevention measures below to reduce the risk of Ebola virus transmission:

- Wash your hands regularly with soap and water or an alcohol-based hand sanitiser.
- Follow the instructions issued by local health authorities.
- Avoid any contact with people who are ill and showing symptoms such as fever, vomiting, diarrhoea or bleeding.
- Avoid contact with the bodies of deceased persons and participation in funeral rituals.
- Do not handle objects contaminated with blood or other bodily fluids.