

What is Ebola disease?

- It is caused by the Ebola virus, named after the Ebola River in Democratic Republic of Congo where the virus was first discovered in 1976
- 50-90 percent of those infected die; no cure
- The body defeats Ebola by itself

What are the symptoms of Ebola disease?

- Fever
- Headache
- Joint and muscle aches
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Lack of appetite

Some patients have a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing or swallowing, or bleeding inside and outside the body.

Symptoms usually start 4-10 days after coming into contact with Ebola virus but can occur as early as 2 days to up to 21 days after exposure.

How is Ebola disease spread?

- Among humans, Ebola virus is spread by direct contact with:
- Blood, organs or other body fluids (e.g., urine, breast milk, sweat, vomit, semen, blood) of an infected person or the body of a person who has died from Ebola disease
 - Objects/surfaces contaminated by body fluids of a person infected with Ebola virus, for example clothing or bedding contaminated by an ill person.

How do you prevent Ebola disease?

- Wash your hands often.
- Avoid contact with bodily fluids of infected person.
- Avoid handling items that have come in contact with an infected person's blood or body fluids.
- Avoid unnecessary travels to areas with outbreaks.
- Avoid home remedy of suspected persons with symptoms.

What about travel?

Before you travel

- Talk with your doctor or nearest public health clinic if you are planning a trip to areas of Western Africa where outbreaks are occurring, including Guinea, Liberia, and Sierra Leone.
- Check the CDC's Travelers' Health website for travel notices on specific diseases and countries. See <http://wwwnc.cdc.gov/travel/notices>.

After you travel

- If anyone gets a fever, headache, joint and muscle aches within three weeks of returning from your trip.
- Call your doctor or clinic right away.
 - Tell your doctor where you traveled, what activities you were involved in, if you had contact with anyone who had Ebola and who you contacted since your symptoms.

What should I do if family/friends come from Liberia?

- Educate your children without causing fear.
- Don't be afraid of your family or friend.
- Be sensitive and respectful; don't stigmatize family/friend
- Not everyone traveling from impacted area is infected.
- Let them know it is best you avoid contact with body fluids for 21 days as a precaution.
- Tell them not to be offended by health precautions as it protects everyone, including the ones they care about.
- Have them minimize/avoid public interactions for 21 days
- Notify local public health if experiencing symptoms shared in this document.
- Let doctor at hospital know that your family/friend traveled from an Ebola impacted area.
- Contact nearest Liberian association for support or email libstopebola@gmail.com for help with resources.

Stigmatization

- If faced with harassment or discrimination at work, contact your manager, your HR department or Liberian Association
- Educate your children to notify you of harassment at school
- Seek professional counseling if experiencing sadness related to the Ebola crisis; contact Liberian Association in your area for assistance or email libstopebola@gmail.com for help.

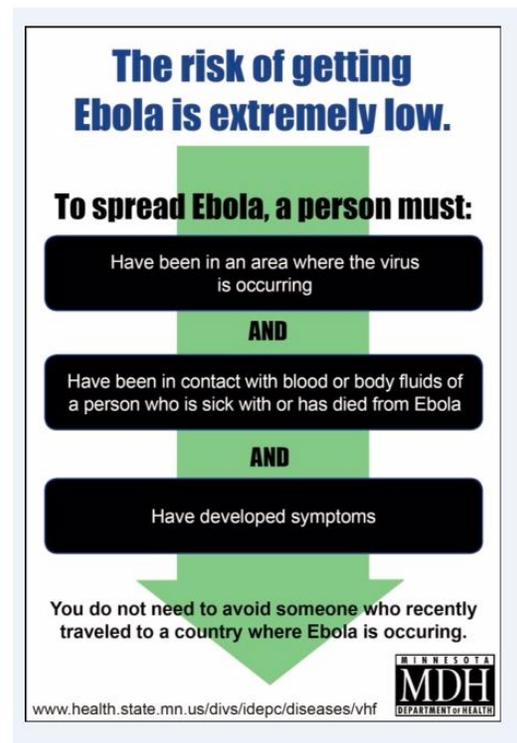
Resources

Centers for Disease Control and Prevention

- Ebola, www.cdc.gov/vhf/ebola/
- Telephone: 800-CDC-INFO (800-232-4636)

We Stand as One (to connect with resources)

libstopebola@gmail.com



Source (pictogram): Minnesota Dept. of Health

Dealing with the Media: General Guidelines

Recognize your rights.

- You don't have to speak to the media.
- The media is not forcing you to speak, they just need accurate and truthful information to share with the public.

Non-Designated Speaker/Community Member

- Be very polite. The media is only doing her job.
- Refer media to your local Liberian Association President or person designated to speak on behalf of the community.
- You have the right to speak to anyone you choose but we advise against speaking to the media if you're unaware of information needed or unprepared to do so.

Liberian Organizations

- Have daily and/or weekly debrief with leadership team to obtain community updates.
- Designate a spokesperson to interact with the media.
- Have a backup should that person be unavailable
- Publish the spokesperson's phone contact for the community
- You could set up a Gmail account for inquiry from the media
- Make sure account is monitored throughout the day and respond as promptly as possible.
- Encourage the community to refer the media to spokesperson and Gmail account (or another email account).
- Exhibit professionalism and courtesy with the media
- Do not restrict anyone from speaking to the press.
- Do not harass anyone who speaks to the press
- Do not delay unnecessarily to provide information to the media

Designated Spokesperson

- Think before you answer.
- Tell the truth. You should not lie or intentionally mislead members of the media.
- Discuss only things that you have direct responsibility for or have personal knowledge about. You should discuss only matters for which you have direct knowledge.
- Don't answer speculative (what if) or hypothetical questions.
- Avoid jargon, acronyms, and slang.
- Answer the question with which you are most comfortable when asked multiple questions.
- Keep remarks brief and concise.
- Assume everything you say may be printed or broadcast.
- Use "I" not "we" when stating your opinion.
- If you don't know the answer to a question or cannot discuss it for any reason, say so. Avoid using "no comment".
- Instead say "I will get back to you on that"
- Be sure to take note and get back to the media on the issue
- Try to note questions and your responses after the interview
- Update leadership team each time you give an interview

Mood and Body Language

- Remember, you represent more than yourself. You are the face of your community and your country.

- Always be calm, even when fatigued or upset

Some Questions Already Asked by the Media

- State your name and role in the organization
- What is the mood of your community?
- Are you in contact with family and friends in Liberia?
- Do you have family and friends in Liberia?
- What are they saying about the situation in Liberia?
- What are the greatest needs of the community?
- Why do you think Ebola spread so fast in Liberia?
- Is the government doing enough to improve the situation?
- Are there areas free from Ebola? Are they being protected from the virus?
- Do you know the patient in Dallas?
- Have you been in contact with his family?
- Is the Liberian community having a vigil?
- What is the community's reaction to the news of all that is going on?
- Do you have a number for any of the victim's family members?

Things to Remember When Speaking:

- Don't get into politics
- Do not give other people's contacts to the media unless you have permission to do so and give them heads up if you do (especially those in quarantine who already have a lot to deal with).
- Refer all medical questions to the Centers for Disease Control (CDC) unless where referencing CDC literature about the virus.

Things to Emphasize (remain focused on the following):

- What Liberians are doing to help each other and the homeland:
 - o Conference calls, fostering collaboration with all stakeholders, sending finances and supplies, health and media advisory, calling family and friends at home to share Ebola safety precautions.
- Where people who want to help can donate (your Liberian association or other civic groups).
- List of few items needed in the fight against the virus
- That the Liberian-American community understands the fear and apprehension.
- That many Liberians here are also citizens and legal residents who want the best for their American communities as well.