

What's Ebola ?

Ebola virus disease (EVD) causes an acute, serious illness which could be fatal if not treated. It appeared first in a village near Ebola river, Democratic Republic of Congo, from which the disease took its name.

The recent outbreak happened in west Africa in March 2014.

The most severely affected countries, Guinea, Sierra Leone and Liberia and all these countries have very weak health systems and lack the necessary procedures of protection which explains the large number of infected people that has reached 5000 deceased and more than ten other thousand infected. The virus is known as a “zoonotic” virus because it's transmitted to humans from animals. Humans can also transfer the virus to each other

Symptoms of the disease

The incubation period is from 2 to 20 days. It is unclear why some patients can survive and others die from this disease, but patients who die usually have a poor immune response to the virus. people are not considered infected unless they develop the symptoms of the disease which are :

- * Sudden fever fatigue
- * masculine pain
- * headache and sore throat

Theses are followed by

- * vomiting
- * diarrhea
- * impaired kidney and liver function

Disease transfer

Ebola disease is transferred through direct contact with the infected one's bodily fluids; vomit, urine, saliva, sweat, blood. People can get Ebola when they come in contact with these fluids via the eyes, nose, mouth, or broken skin

Preventing Ebola

Individuals can take several precautions to protect against Ebola. These steps include:

- * Avoiding contact with blood and body fluids
- * Educating themselves on recognizing the disease and preventing it
- * Practicing careful hand hygiene, including washing hands with soap and water or an alcohol-based hand sanitizer

Fakher Ghozlan