

PUBLIC ADVISORY No. 06-03-2019

Subject : Measures against Ebola Virus Disease in the DRC

Date : 13 June 2019

The Embassy wishes to inform Filipino nationals to exercise precaution against the Ebola virus disease (EVD), which is currently found in the North Kivu and Ituri provinces of the Democratic Republic of the Congo.

Ebola is a highly contagious viral disease that is spread through person to person contact or direct contact with the following:

- Blood or body fluids (urine, saliva, sweat, feces, vomit, breast milk, semen) of a person who is sick with or has died from EVD
- Objects (such as clothes, bedding, needles and syringes) contaminated with body fluids from a person who is sick with EVD or a person who has died from EVD
- Blood or body fluids of infected fruit bats or non-human primates such as apes and monkeys

Symptoms of EVD may appear 2 to 21 days after exposure to the virus, but the average is 8 to 10 days. These include fever, severe headache, fatigue, muscle pain, weakness, diarrhea, vomiting, stomach pain and unexplained bleeding or bruising.

While living in or travelling to a region affected by the Ebola virus, there are ways to protect yourself and the spread of the virus. Practice proper hand hygiene, i.e. wash hands often with soap and water or an alcohol-based hand sanitizer. Avoid touching your eyes, nose or mouth.

While in an area affected by Ebola virus, you should AVOID:

- Contact with bloody and body fluids
- Items that may have come in contact with an infected person's blood or body fluids
- Funeral or burial rituals that require handling the body of someone who died from EVD
- Contact with bats and nonhuman primates or blood, fluids, and raw meat prepared from these animals (bushmeat) or meat from an unknown source
- Contact with semen from a man who had EVD until he has been medically cleared

After returning from an area affected by Ebola virus, monitor your health for 21 days and seek medical care immediately if you develop symptoms of EVD.

Separate yourself from others and seek medical care immediately.

- **Before you go to the doctor's office, urgent care center or emergency room, call ahead and tell the doctor about your recent travel and your symptoms.** Advance notice will help the doctor care for you and protect other people who may be in the office or hospital.
- **If you are in DRC for work and become ill, contact your employer or sponsoring organization.**
- **Do not travel until cleared by health officials.**

The Ministry of Health of DRC has been conducting information campaigns since the epidemic broke out in 2018. Attached are their infographics with translation.

The Ministry of Health (Ministère de la Santé RDC) is located at Immeuble du Gouvernement - Boulevard du 30 Juin - Gombe 1013 Kinshasa, DRC.

Keep yourself up to date with the latest news on EVD by following the Ministry of Health:

Facebook : <https://www.facebook.com/minsanterdc/>
Twitter : @MinSanteRDC Ministère de la Santé RDC
Website : <http://www.minisantedc.cd/>

If you suspect that someone may be infected with EVD, immediately contact the Ministry of Health at +243 999 009 405 or +243 820 800 001.

Ministère de la Santé RDC
@MinSanteRDC

Compte officiel du Ministère de la Santé de la République Démocratique du Congo 🇨🇩 Official account of the Ministry of Health of DRC presse@sante.gouv.cd

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#QuizzEbola - REPONSE

Si l'un de vos proche présente des symptômes suspects, appelez gratuitement les équipes d'urgence ou allez au centre de santé public agréé le plus proche pour une prise en charge adéquate.

Prévention contre la maladie à virus Ebola

Appellez gratuitement le Numéro Vert afin d'alerter sur les cas suspects ou rendez-vous au centre de santé le plus proche.

+243 999 009 405
+243 820 800 001

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STRATÉGIE DE RIPOSTE CONTRE EBOLA

Ministère de la Santé RDC
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Afin de briser la chaîne de transmission du virus Ebola, une série d'activités doivent être réalisées autour de chaque malade d'Ebola.

Le virus se propage quand les équipes sont dans l'incapacité de faire ces activités pour diverses raisons (refus de la famille, insécurité, fuite du malade, etc.)



His Excellency Dr. @Olylunga explained that around every #ebola sick, a series of key activities must be carried out to break the transmission chain. If medical teams are prevented from carrying out these activities, the virus continues to spread in the 2/3 community. #Woha72
* See original · Rate this translation

5

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Strategic response against Ebola

To break the transmission chain of EVD, a series of activities must be carried out around every infected person:

- Surveillance and investigation
- Awareness
- Vaccination of people in close contact and monitoring for 21 days
- Professional medical care
- Disinfection of household
- Dignified and secure burial
- Psychosocial assistance

The virus propagates when health teams are prevented from carrying out these solutions due to various reasons (non-cooperation of the family, uncertainty, escape of patient, etc.)

The Minister of Health, Dr. Olylunga Kalenga, is vaccinated against Ebola virus.

“The Ebola vaccine is free and has caused the epidemic to be contained in the provinces of North Kivu and Ituri.

The strategy of vaccination acts as a preventive measure to protect personnel who have been in contact with people who have been infected with Ebola.”

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Partage ce message et sauve des vies

Transmission de la maladie à virus Ebola

La maladie se transmet de personne à personne par les **contacts directs** avec les liquides corporels d'une personne atteinte d'Ebola.

Les **liquides corporels** sont notamment le sang, la sueur, la salive, les urines, les larmes, le lait maternel, les selles, le sperme et les vomissures.

Attention, les **objets de la personne malade ou décédée d'Ebola** (habits, draps, matelas, etc...) sont aussi contagieux. On peut aussi attraper Ebola en touchant et en utilisant ces objets.

C'est la transmission du virus de personne à personne qui répand la maladie dans la famille et dans la communauté, et ainsi prolonge l'épidémie.

EBOLA PAS CHEZ MOI!
Un Pays, une Action contre Ebola.

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Transmission of the Ebola virus

The virus is transmitted from person to person by direct contact with body fluids from a person who has been infected with Ebola.

The body fluids include blood, sweat, saliva, urine, tears, breast milk, feces, sperm and vomit.

The belongings of a person infected with Ebola or died from Ebola (clothes, sheets, mattress, etc.) are also contagious. One can catch Ebola by touching or using these objects.

It is the transmission of the virus from person to person which spreads the illness within the family and to the community, which prolongs the epidemic.

#QuizEbola - REPONSE 🎉

Le #vaccin contre #Ebola est un moyen de prévention supplémentaire à tous les autres moyens de prévention préconisées par le Ministère de la Santé. Il est exclusivement réservé au personnel de santé, aux contacts des malades et aux contacts des contacts.

See Translation

République Démocratique du Congo
MINISTÈRE DE LA SANTÉ

PRÉVENTION CONTRE LA MALADIE À VIRUS EBOLA

Appel gratuit :
Réponse Ebola Nord Kivu
+243 999 009 405
+243 820 800 001

Le vaccin contre la maladie à virus Ebola

Si vous êtes personnel de santé ou dans l'entourage immédiat du malade, faites-vous vacciner.
Un vaccin préventif est disponible. Il est efficace et gratuit.

Rejoignez-nous

The Ebola vaccine is the supplementary means of prevention recommended by the Ministry of Health. It is exclusively reserved for health personnel, those in contact with the infected people and tertiary contacts.

If you are a health worker or in immediate contact with an infected person, get yourself vaccinated.

A preventive vaccine is available. It is efficient and free.



Ministère de la Santé RDC

6 December 2018 · 🌐

#QuizzEbola - REPONSE 📢

Le cadavre d'une personne décédée d'Ebola est encore plus contagieux que lorsque la personne était vivante. A la mort du malade, le virus va sortir en dose concentrée à travers tous les liquides corporels à la recherche d'un nouveau corps vivant.

See Translation

République Démocratique du Congo
MINISTÈRE DE LA SANTÉ

PRÉVENTION CONTRE LA MALADIE À VIRUS EBOLA

Appel gratuit :
Réponse Ebola Nord Kin
+243 999 809 405
+243 820 800 001

Ne pas toucher ni manipuler sans protection une personne malade ou décédée d'Ebola.

Rejoignez-nous

The corpse of a person who died from Ebola is even more contagious than when the person was alive. When the person dies, the virus comes out in concentrated doses through body fluids and looks for a new living body.

Do not touch or handle without protection an infected or a person who died from Ebola.



Ministère de la Santé RDC

6 December 2018 · 🌐

#QuizzEbola - REPONSE 📢

Il ne faut pas manipuler des animaux trouvés morts dans la forêt. Mais le virus Ebola ne résiste pas à la chaleur donc manger de la viande de brousse bien cuite n'est PAS dangereux. La plus grande source de contamination reste les contacts inter humains.

See Translation

République Démocratique du Congo
MINISTÈRE DE LA SANTÉ

PRÉVENTION CONTRE LA MALADIE À VIRUS EBOLA

Appel gratuit :
Réponse Ebola Nord Kin
+243 999 809 405
+243 820 800 001

Ne pas toucher ou manipuler des animaux malades ou trouvés morts dans la forêt.

Rejoignez-nous

One must not handle animals found dead in the forest. The Ebola virus is not heat resistant so eating bush meat that is cooked properly is not dangerous. The greatest source of contamination is through human contact.

Do not touch or handle ill or dead animals found in the forest.



Ministère de la Santé RDC

4 December 2018 · 🌐

#QuizzEbola - REPONSE 🏆

Le virus #Ebola ne résiste PAS à l'eau. Le lavage des mains est le moyen de prévention le plus efficace.

C'est le lavage des mains qui a protégé le Professeur Muyembe et son équipe lorsqu'ils sont arrivés en 1976 à Yambuku où le virus a été découvert.

See Translation



The Ebola virus is not resistant against water. Hand washing is the most efficient means of prevention.

It was hand washing which protected Professor Muyembe and his team when they arrived in 1976 in Yambuku where the virus was discovered.

Wash your hands frequently with soap and water.



Ministère de la Santé RDC

3 December 2018 · 🌐

#QuizzEbola - REPONSE 🏆

Il ne faut jamais toucher les objets utilisés par une personne contaminée car ils sont aussi très contagieux.

Seules les équipes de désinfection du Ministère de la Santé peuvent décontaminer les objets et la résidence d'un malade d'#Ebola sans danger

See Translation



Never touch objects used by an infected person because these are still very contagious.

Only health personnel can safely decontaminate the objects and residence of a person infected with Ebola.

Do not touch the belongings (clothes, sheets...) of a person infected with Ebola without protection.

Ministère de la Santé RDC
1 December 2018 · 🌐

#EBOLAPASCHEZMOI
Partagez la bonne information sur #Ebola et sauvez des vies.
See Translation

Partage ce message et sauve des vies

L'épidémie d'Ebola dans la province du Nord-Kivu (RDC) est devenue la deuxième plus grande épidémie d'Ebola au monde après celle de l'Afrique de l'Ouest qui a duré de 2014 à 2016.

Ebola est un virus qui circule dans la majorité des pays d'Afrique subsaharienne et qui n'épargne personne.

Les personnes de n'importe quel pays, tribu, religion, ou pauvres, peuvent contracter Ebola.

Outre la RDC, plusieurs pays ont connu des épidémies d'Ebola : le Soudan, l'Ouganda, le Gabon, la Guinée, le Libéria, et la Sierra Leone.

La plus grande épidémie d'Ebola connue dans le monde est celle de l'Afrique de l'Ouest qui a causé plus de **11.000** morts.

Elle a commencé en Guinée avant de se propager dans plusieurs pays frontaliers mais aussi en Europe et aux Etats-Unis.

EBOLA PAS CHEZ MOI!
Un Pays, une Nation contre Ebola

Share this message and save lives

The epidemic of Ebola in the province of North Kivu (DR Congo) has become the second biggest Ebola epidemic in the world after that of Western Africa from 2014 to 2016.

Ebola is a virus that circulates in most sub-Saharan countries and does not spare people.

Aside from DR Congo, other countries have had Ebola epidemics: Sudan, Uganda, Gabon, Guyana, Liberia and Sierra Leon.

The biggest known Ebola epidemic was in Western Africa which caused more than 11,000 deaths.

It started in Guyana and before spreading to border countries and also to Europe and the United States.

No Ebola in my home!

One country, one nation against Ebola.

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Like This Page · 1 December 2018 · 🌐

Le travail n'est pas facile mais nos #HérosDeLaSanté continuent leurs efforts malgré les difficultés. 🙏
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👤 Inon Corinne Lilas Kas Ok
Like · Reply · 27w

👤 Michi Monansese Kants Hama
Courage et persévérance !
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“L'épidémie au Nord-Kivu est devenue la deuxième plus grande épidémie d'Ebola au monde, après celle de l'Afrique de l'Ouest.

Pourtant, c'est la première épidémie de l'histoire dans laquelle autant de traitements préventifs et curatifs sont disponibles pour protéger la population contre Ebola. Ces traitements nous ont permis d'éviter d'avoir déjà des milliers de cas et de morts.

Cela démontre qu'Ebola est avant tout une maladie avec une dimension sociale. Au-delà de la réponse médicale, c'est à la communauté de décider de mettre fin à la propagation de ce fléau en s'engageant et en respectant les mesures de prévention.

DR OLY ILUNGA KALENGA

The Ebola epidemic in North Kivu has become the biggest in the world after that of Western Sahara.

It is the first epidemic in history wherein preventive and curative treatments are available to protect our population against Ebola. These treatments have allowed us to avoid thousands of cases and deaths.

This shows that Ebola is an illness with a social dimension. Aside from medical response, it is the community which decides to put an end to the spread of this illness by engaging with and respecting the preventive measures.

Vitesse de propagation d'Ebola

Une personne malade non-isolée contamine en moyenne **70 personnes** en milieu urbain



Ministère de la Santé RDC
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The danger with the #Ebola virus is its contagiousness and its speed of spread. Thus the first measure to be taken is the isolation of the sick from the appearance of the first symptoms. Combined with vaccination, this is the most effective way to stop the transmission of the virus.

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Rapid propagation of Ebola

An infected person that is not isolated contaminates an average of 70 people in his immediate surroundings.

The immediate isolation of an infected person and vaccination of his contacts can stop the spread of the virus.

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Ministère de la Santé RDC
10 May ·

I do you want to follow on a daily basis the evolution of the #EBOLA OUTBREAK IN #DRC?

Subscribe to the mailing list of the ministry of health to receive the Ebola bulletin every night in your mail box

<https://minisanterdc.us13.list-manage.com/subscribe?u=89e5755d2cca4840b1af93176&id=aedd23c530>

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République Démocratique du Congo

DIRECTION GÉNÉRALE DE LUTTE CONTRE LA MALADIE