



# Ebola Survival Guide

WHAT YOU NEED  
TO KNOW... AND DO...  
TO PROTECT YOURSELF  
AND YOUR FAMILY

## INSIDE:

- ➔ The History of Ebola
- ➔ Why Ebola Has the World Health Community Worried
- ➔ The Real Risk to You and Your Family
- ➔ How to Prevent and Protect Yourself
- ➔ How to Identify Someone Who May Have Ebola

# What Is Ebola?



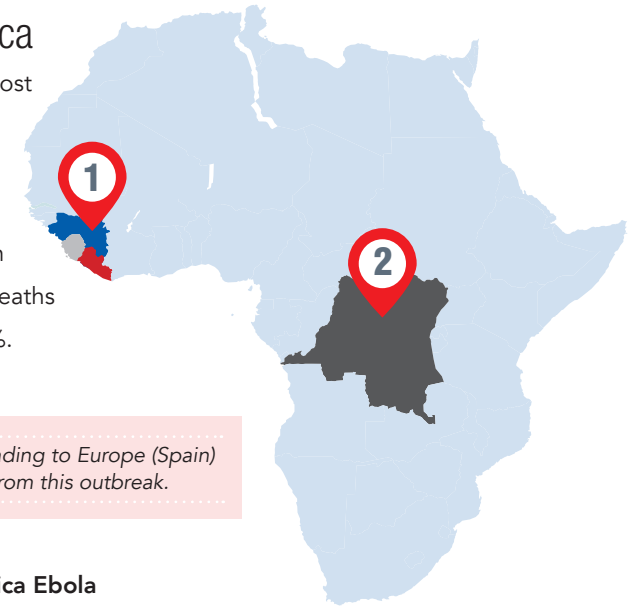
According to the U.S. Centers for Disease Control (CDC), Ebola is a deadly disease caused by infection by one of the Ebola virus strains. There actually are five different types of Ebola virus, and any one of them can cause the infection in humans that leads to Ebola hemorrhagic fever.

The origin of the virus is still unknown, but it is believed to have started in animals (specifically fruit bats) and transmitted through humans who had direct contact with the blood of those animals (when they killed and cooked them for food). Ebola viruses are typically found in several African countries. There have been several outbreaks of Ebola in the world since 1976, but the current Ebola outbreak has already become the worst in human history.

*In fact, there are currently two separate outbreaks occurring at the same time:*

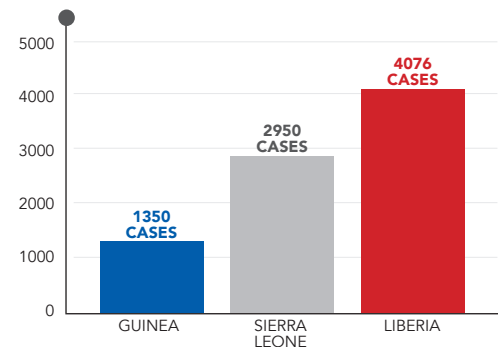
## Outbreak #1 - West Africa

This is the Ebola outbreak being most reported in the news. It has mostly affected the countries of Liberia, Sierra Leone and Guinea. As of October 10, 2014, there have been 8,376 cases reported, with 4,024 deaths ... for a mortality rate of about 50%.



→ The two known cases of Ebola spreading to Europe (Spain) and the U.S. (Dallas, Texas) started from this outbreak.

## Current Case Counts of West Africa Ebola Updated: 10/10/14



### Liberia

Total Cases: 4076  
Laboratory-Confirmed Cases: 943  
**Total Deaths: 2316**

### Sierra Leone

Total Cases: 2950  
Laboratory-Confirmed Cases: 2593  
**Total Deaths: 930**

### Guinea

Total Cases: 1350  
Laboratory-Confirmed Cases: 1097  
**Total Deaths: 778**

## Outbreak #2 - The Congo

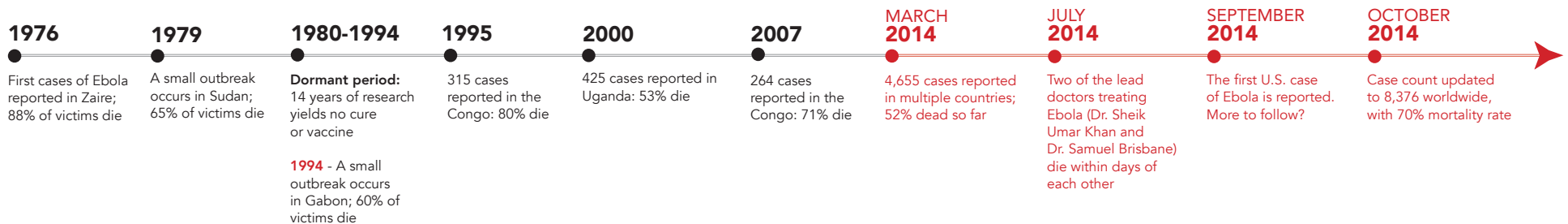
A second, nonrelated outbreak of Ebola has been reported in the Democratic Republic of Congo. As of October 5, 2014, 70 cases of Ebola have been reported in this region, with 40 confirmed deaths. It is unknown what measures are being taken to keep this second outbreak of reaching the deadly levels of the West Africa outbreak.

# A Brief History of Ebola

Did you know that Ebola has actually been around for more than 40 years? The first case was reported in 1976. Here's what's happened since this frighteningly deadly disease first appeared:



Even though the majority of Ebola cases have occurred in Central and Western Africa, several other countries—including now the U.S.—have reported infections. **A worldwide epidemic has become a legitimate fear.**



As you can see, prior to 2014, outbreaks of Ebola were relatively small and short-lived. What makes this current outbreak so concerning is the large number of cases that have developed, plus the fact that the outbreak has nearly doubled in just 6 months.



# How Deadly Is the Ebola Virus?

Already, more than 8,000 people have been infected with Ebola virus around the world, with more than 4,000 of them confirmed dead. These statistics are in line with the historic fatality rate of the disease, which can range from 50% to 90% of those infected. Ebola has so many health experts concerned for several reasons:

- 1. The delay between infection and symptoms.** Someone may contract the Ebola virus but not show any symptoms for 6 to 16 days, on average. That means a person could be infected with Ebola and then unknowingly infect dozens, if not hundreds, of other people before he or she knew they had the disease.
- 2. The symptoms seem like a normal flu.** Because the initial symptoms of Ebola (fever, muscle aches, diarrhea, vomiting and fatigue) appear like a flu, oftentimes someone who has caught Ebola gets a misdiagnosis from a doctor. It's not until the more serious symptoms occur (internal and external bleeding) that Ebola can be confirmed. These misdiagnosis can lead to hundreds of additional infections.
- 3. There is no cure for Ebola.** As if detecting Ebola and controlling its spread wasn't bad enough, currently there is no cure for Ebola. The best that doctors can do for someone who has become infected is to give their bodies hydration and nutrition and hope that they are strong enough to "ride out" the infection. Experimental drugs and vaccines are currently being developed, but it may be months (or even years) before an effective one can be proven and distributed worldwide.

→ *Gayle Smith, Senior Director at the National Security Council, recently said: "This is not an African disease. This is a virus that is a treat to all humanity."*

## How the Ebola Virus Spreads

Contrary to popular belief, Ebola is not an airborne virus. Therefore, you can't catch it simply by breathing the same air as an infected person, or (as is one myth spreading in African countries) just by looking at them.

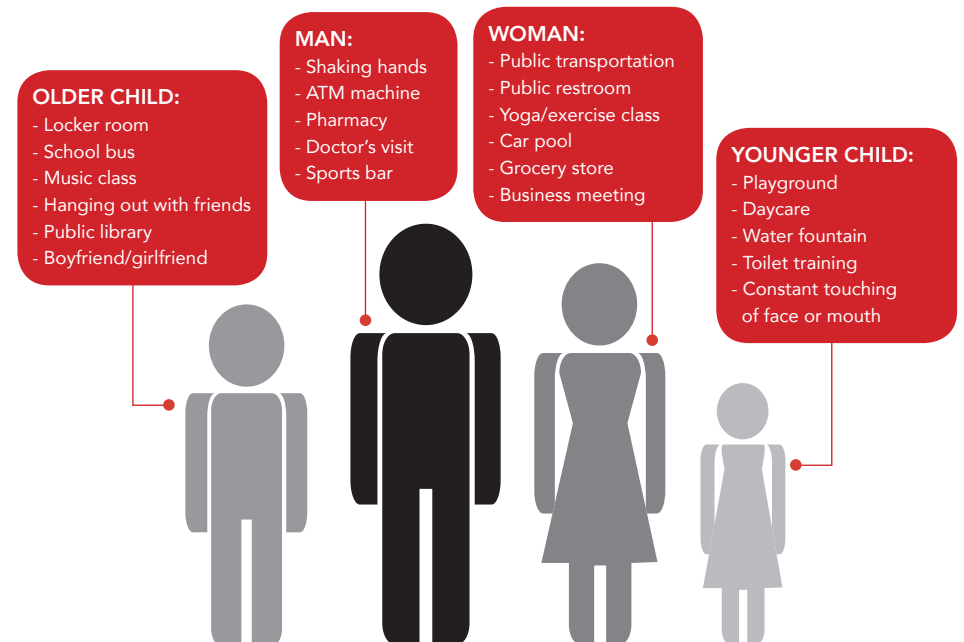
That being said, it is relatively easy to catch Ebola if you come into contact with the following bodily fluids of someone infected with the virus:

✓saliva ✓blood ✓urine ✓vomit ✓feces ✓sexual fluids

That means you can catch Ebola by not only kissing or having sexual contact with an infected person, but you can also catch it if you are caring for someone who is sick with the disease (such as cleaning up their diarrhea or vomit). You can also catch Ebola if you touch a surface that their bodily fluids (even just saliva) have touched, such as a stairway, doorknob, seat armrest, ATM machine, etc.

As mentioned earlier, what makes Ebola so scary is that a person can transmit the virus to others before any symptoms are visible. That means you could unknowingly have caught it from someone before they get sick and you know to avoid contact with them.

## Everyday Ways That You Could Catch Ebola



# What You Can Do to Protect Yourself Against Ebola

Unlike other viruses, there is currently no vaccine available to prevent Ebola infection or its spread. For these reasons, the Centers for Disease Control make the following recommendations:

- **Practice careful hygiene.** For example, wash your hands with soap and water or an alcohol-based hand sanitizer and avoid contact with blood and body fluids. Do not touch your face or eyes
- **Do not handle items that may have come in contact with a sick person's blood or body fluids** (such as clothes, bedding, needles, and medical equipment)
- **Avoid funeral or burial rituals that require handling the body** of someone who has died from Ebola-like symptoms
- **Avoid contact** with blood, fluids, and raw meat prepared from bats and nonhuman primates
- **Avoid hospitals** where Ebola patients are being treated
- **Avoid travel to infected areas at all costs.** If you travel to an infected country, monitor your health for 21 days after you return and seek medical care immediately if you develop symptoms of Ebola
- **Protect yourself in public places.** Wear face masks, bring your own pen for writing notes or paying bills, use lots and lots of hand sanitizer, wipe down shopping carts and subway railings with Clorox antiseptic wipes
- **Talk to your children.** Without needlessly scaring them, tell your children that—since it's cold and flu season—they need to get better about germs. Emphasize frequent hand washing and use of hand sanitizer. Have them practice using a face mask so it's not scary.

## The 6 Most Important Products to Help Protect Against Ebola



- 1 Hand Sanitizer**  
Make sure you and your kids use several times a day, especially after being in a public place
- 2 Non-Latex Gloves**  
(the surgical kind): For prepping food and cleaning up after a sick person (vomit/feeces)
- 3 Face Masks**  
To reduce exposure to Ebola in public places, health experts recommend the use of face masks to protect against infection through saliva and mucus; child versions are now available
- 4 Antiseptic Wipes**  
For cleaning surfaces in the home as well as public areas (shopping carts, ATM, checkout stands, bus/subway handrails, doorknobs, pens/keyboards)
- 5 Daily Vitamins & Prescription Medications**  
People with weakened immune systems are more likely to become infected
- 6 Pet Shampoo**  
Transmission can occur if an infected person handles your pet; wash them weekly

### What does CDC's Travel Alert Level 3 mean to U.S. travelers?

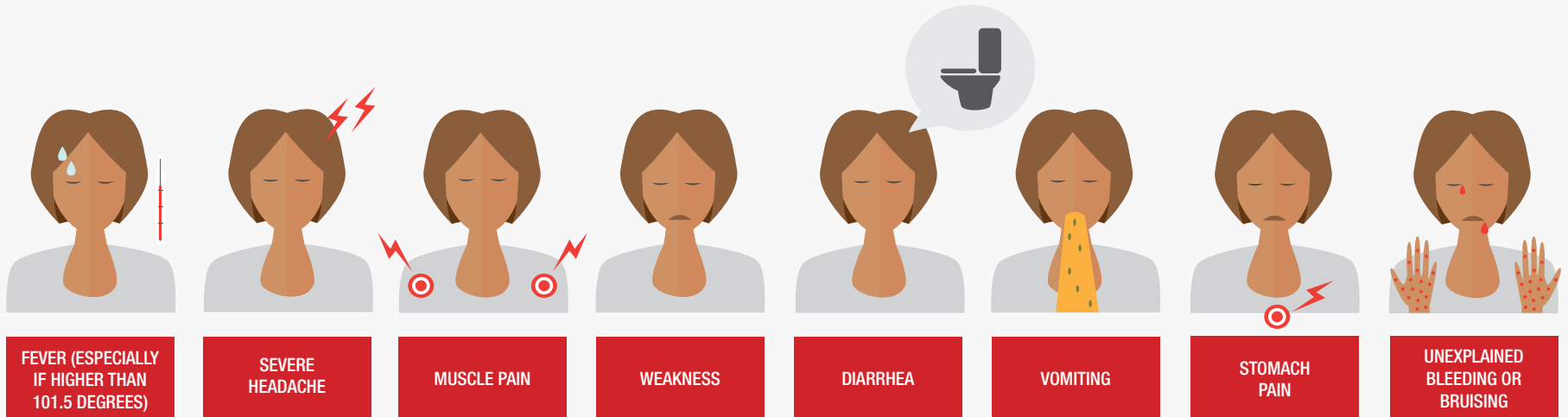
There is a high risk to travelers. The CDC advises that travelers avoid nonessential travel to Guinea, Liberia, and Sierra Leone. If you must travel (for humanitarian aid work) protect yourself by following [CDC's advice](#) for avoiding contact with the blood and body fluids of people who are ill.

Reprinted from Centers for Disease Control web site on Ebola:  
<http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html>

# How You Can Tell If Someone Has Ebola

One of the scariest—and most dangerous—aspects of Ebola involves the signs and symptoms of the disease. Not only is the virus difficult to diagnose because it can mimic so many other illnesses (like a flu or common cold), but there is also a time delay between when you catch the virus and how long it takes before you start showing the signs (anywhere from 2 to 21 days, with an average of 8-10 days).

YOU COULD HAVE EBOLA IF YOU ARE EXHIBITING ANY OF THE FOLLOWING SYMPTOMS



## Very Important!

If you or someone you know is showing any of these signs—and especially if they are displaying two or more at a time—it is best that you contact a medical professional right away so that they may assess you for possible Ebola infection.

### First U.S. Case Illustrates the Hidden Dangers of Ebola

In late September 2014, Americans worst fear was realized, when the first confirmed case of West African Ebola was diagnosed in a U.S. citizen. Apparently, the man who had caught the virus had recently visited Liberia, but he wasn't properly diagnosed before re-entering the U.S.

It wasn't because the government failed, but because he didn't show any signs until 4 days after he had already been at home in Dallas, Texas. Because of the delay in his symptoms (which is common), officials are not sure how many people possibly came in contact with the disease and whether or not any of them are infected.

If any of them were, they could have already spread the disease to dozens more, without even knowing it.

### BREAKING UPDATE: October 13, 2014

Second U.S. Case Shows

#### "Lapse in Prevention Protocols"

As of October 13, 2014, a second U.S. case of Ebola has been confirmed. Although the details of this infection are still being sorted out, it appears that the person caught the virus in a hospital setting while caring for someone with the disease. The CDC states that this shows a "serious lapse in prevention protocols" and has raised the possibility of more American infections that President Obama recently called for "immediate Federal action" on Ebola.

# What If You Think You or Someone You Know Is Infected?

If you believe that you or a loved one has become infected with the Ebola virus, the unfortunate truth is that there is not much you can do. Since there currently is no cure—and no preventive vaccine—the best that a doctor or hospital can do for you is give you hydration, provide intravenous nutrition, help monitor your blood pressure and recommend plenty of rest, while hoping that your body is able to survive the virus.

Until scientists develop a cure and/or vaccine, it is absolutely critical that you do whatever you can to protect yourself and your family.

## Isolate the Person Showing Symptoms

The suspected carrier should avoid contact with strangers, family members or even the family pet. Once symptoms of infection appear, the patient can easily spread the disease to others.

## Seek Immediate Medical Attention

Once you know you've done your best to contain the infection, the most important thing you can do if you suspect that you may have Ebola is to immediately seek out medical attention. Your local doctor, urgent care or hospital should be your first choice. There are also free services set up to provide quick evaluations of your symptoms. You should also avoid direct contact with others until you are sure that you don't have Ebola.

## Can You Survive?

Even with a shocking mortality rate ranging from 50% to 90%, the truth is that Ebola is not necessarily a death sentence. If you get immediate medical attention AND you were in relatively good health prior to the infection, you have a better chance at surviving than someone with chronic health problems, the elderly, or children.



## There Is a Silver Lining

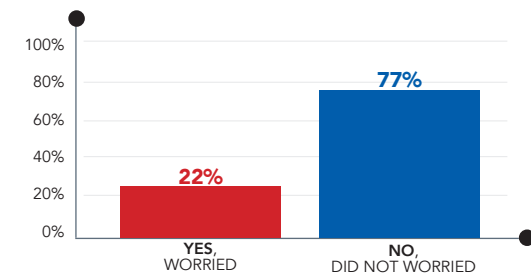
If you do survive Ebola, one positive result is that your body will have produced antibodies that will protect you against a second infection for up to 10 years. But you'll probably agree that it's best not to gamble with Mother Nature in this case.

## Gallup Poll Shows 1 in 5 Worry About Ebola

A recent survey of Americans shows that almost three times as many are worried about Ebola than were worried about the Swine Flu back in 2009. As the data below illustrates, only 8% of Americans were worried about Swine Flu at that time, and that epidemic ended up infecting anywhere from 14 million to 34 million Americans.

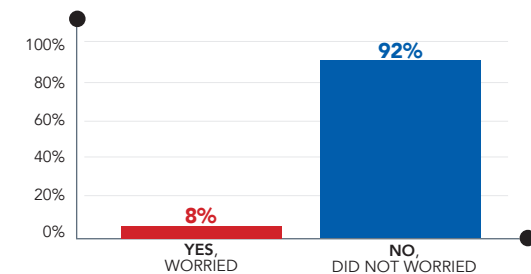
Today, at least 22% of Americans are worried about Ebola, even though only 6 Americans are believed to have contracted the disease. Will it someday reach the levels of Swine Flu?

### Ebola Virus - October 4-5, 2014



Number of Americans believe to have the virus **6**

### H1N1 - June 13-15, 2009



Number of Americans believe to have the virus **14 million to ~ 34 million**

# Can You Afford to Get Ebola?



## Will Your Insurance Cover It?

Adding to the frustration over trying to find that elusive cure or preventive vaccine for Ebola is the fact that many insurance companies have not yet developed effective procedures for dealing with an outbreak here in North America.

In fact, many insurance companies will not even pay for the few experimental drugs that are currently being used to treat Ebola victims...even the ones that show potential for widespread use!

## What Is ZMapp?

That's definitely the case with the only experimental drug that has shown any sort of potential for helping Ebola patients. Called ZMapp, this drug is manufactured by Mapp Biopharmaceutical and is a combination of three antibodies that bind to a protein in the Ebola virus and stop its spread throughout the body.

While ZMapp has shown some potential to help people infected with Ebola, it is still in the experimental stage and therefore is not covered by many insurance companies. In addition, other drugs being developed by Tekmira and Biocryst Pharmaceuticals have yet to be fully tested and also are not covered.

Since these drugs can cost thousands of dollars per dose, and since most people would not be able to afford paying for these drugs, protecting yourself and your family against Ebola is even more important than ever.

## Can Your Insurance Company Help?

If are concerned about whether your insurance company covers Ebola treatments, you can utilize one of several [free services](#) set up to answer your questions.

In addition, there are [Hotlines](#) available to help you better evaluate any Ebola-like symptoms you may be suffering from. You can go to their website and/or call 1-800-XXX-XXXX.

## For More Information About Ebola:

Centers for Disease Control:

<http://www.cdc.gov/vhf/ebola/about.html>

World Health Organization:

<http://www.who.int/csr/disease/ebola/en/>

## For Insurance Coverage Information:

To See if Your Insurance Company Covers Ebola

Treatments: <http://pandemicdefense.org/>

Toll-FREE 1-800-XXX-XXXX

## Concerned About Ebola Symptoms?

If you are currently suffering from symptoms that have you concerned that you may have Ebola, seek out IMMEDIATE Medical Attention and/or call 911.

You can also use this [FREE Service](#) for an accurate assessment: <http://pandemicdefense.org/>

Toll-FREE 1-800-XXX-XXXX