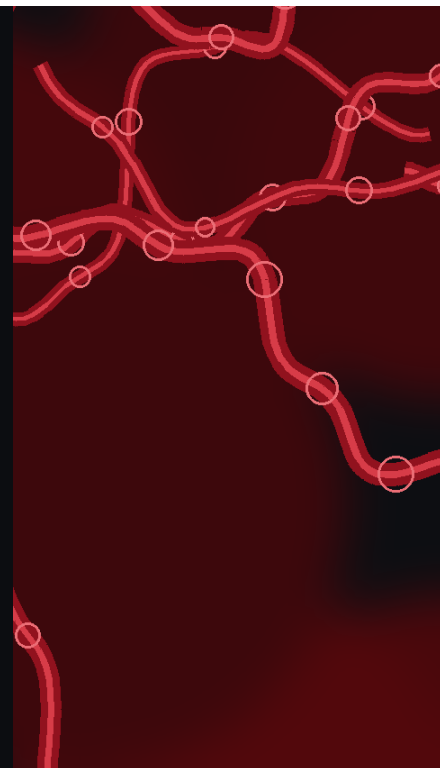


# WAJD NEWS

## HEALTH WATCH

Ebola facts for families, churches, and communities



# EBOLA WATCH: KNOW THE FACTS, PROTECT THE FAMILY

A WAJD News health alert prepared to help families understand Ebola with wisdom, calm, and truth.

## What is Ebola?

Ebola disease is a rare but serious illness caused by viruses in the Ebola virus family. It can cause severe sickness and can be deadly, but quick medical care, isolation, and strong public-health response can help stop the spread.

Ebola is not a reason for panic. It is a reason to be watchful, truthful, and prepared. Families should know how it spreads, what symptoms to watch for, and when to seek medical help.

## WAJD Quick Facts

- Symptoms can appear 2 to 21 days after exposure.
- A person generally spreads Ebola after symptoms begin.
- Ebola spreads through direct contact with infected body fluids, not casual conversation.
- Early care gives the best chance for survival.

## Signs and Symptoms



Early symptoms may include fever, fatigue, aches, headache, muscle pain, and sore throat.





As illness worsens, symptoms may include vomiting, diarrhea, rash, stomach pain, weakness, and sometimes unexplained bleeding.

Seek medical help right away if symptoms appear after travel to an outbreak area or after contact with someone suspected or confirmed to have Ebola.

## How Ebola Spreads

Ebola spreads through direct contact with blood or body fluids from a person who is sick with Ebola or who died from Ebola. It may also spread through contaminated objects such as needles, medical equipment, bedding, or clothing. Contact with infected animals, including some bats and nonhuman primates, can also be a risk.

 <b>Direct body-fluid contact</b> Blood, vomit, diarrhea, urine, saliva, sweat, breast milk, semen, or other fluids from a sick person can carry risk.	 <b>Contaminated objects</b> Needles, medical equipment, clothing, or bedding that has infected body fluids on it can spread infection.	 <b>Animal exposure</b> Handling infected wildlife, especially bats or primates, may carry risk in affected regions.
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## Important: Ebola is not spread like the flu.

Ebola is not spread through air, water, or food in normal U.S. settings. It is not spread by casual contact with a person who has no symptoms. Fear spreads fast, but facts protect families.

## Prevention: What Families Can Do

- Wash hands often with soap and clean water, or use hand sanitizer when soap is not available.
- Avoid touching blood or body fluids from anyone who is sick.
- Do not handle items that may be contaminated with body fluids without proper protection.
- Avoid contact with bodies of people who died from suspected Ebola unless trained responders are involved.
- Follow local health department guidance during any confirmed outbreak or travel notice.
- Do not spread rumors. Share trusted information only.

**WAJD Reminder: Wisdom is not fear. Preparedness is not panic. We watch, pray, and act responsibly.**

## Treatment, Hope, and Community Responsibility

There is supportive medical care for Ebola, and some Ebola types have approved treatments and vaccines. Care may include fluids, oxygen support, blood-pressure support, treatment for other infections, and careful monitoring. The earlier a person receives medical care, the better the chance for survival.

### Why fast reporting matters

Ebola outbreaks are controlled by finding cases quickly, caring for patients safely, tracing contacts, and preventing further exposure. Hiding symptoms or waiting too long can put families, churches, healthcare workers, and communities at greater risk.

#### For Families

Know symptoms, avoid rumors, and contact healthcare professionals if exposure is possible.

#### For Churches

Pray, communicate clearly, and protect vulnerable members with accurate information.

#### For Communities

Support healthcare workers and follow official guidance during an outbreak.

## A Message from WAJD News

In a world filled with headlines, fear can travel faster than truth. WAJD encourages every family to stay alert, check trusted sources, and remember that God gives His people wisdom. We do not ignore danger, and we do not bow to fear. We prepare, we pray, and we help one another.

“My people are destroyed for lack of knowledge...” - Hosea 4:6, KJV

## Trusted Sources Used

- Centers for Disease Control and Prevention (CDC): Ebola Disease Basics and Signs & Symptoms.
- World Health Organization (WHO): Ebola disease fact sheet and health-topic guidance.
- Local health departments: Follow local instructions if there is ever a confirmed exposure or outbreak notice.

Share this newsletter to inform, not alarm. Knowledge can protect a household. Truth can protect a community.