

ARE YOU TRAVELLING TO OR RETURNING FROM DR CONGO OR UGANDA?

Important information: There is currently an outbreak of the Bundibugyo ebolavirus in parts of the Democratic Republic of the Congo. There is no vaccine against this type of Ebola. • Ebola is a rare, but serious disease.



How Ebola spreads

- ▶ Ebola is only transmitted through direct contact with bodily fluids such as blood, sweat, saliva, etc. from people and animals who are infected with or have died from Ebola.
- ▶ Ebola is **not** transmitted through the air.
- ▶ People with Ebola do **not** spread the virus until they develop symptoms.



Advice for travellers

- ▶ Avoid direct contact with:
 - sick and deceased people
 - body fluids such as blood, sweat and saliva from sick or deceased individuals
 - wild animals, both alive and dead
- ▶ Do not prepare or eat meat from wild animals, also known as bushmeat.
- ▶ When planning your trip, follow the travel advice from the Ministry of Foreign Affairs and the advice of the health authorities in the country you are visiting.



Symptoms

- ▶ It takes between 2 and 21 days from the time of infection until you become ill.
- ▶ The first symptoms are often fever, headache and muscle and joint pain.
- ▶ You may eventually also experience a sore throat, nausea, vomiting, diarrhoea and bleeding inside your body or, for example, your nose and mouth.



What you should do when you get home

- ▶ Monitor your health for 21 days after you have left the region.
- ▶ If you develop a fever or feel ill, you should:
 1. **Go home** and **avoid close contact** with other people.
 2. Contact your general practitioner or the out-of-hours medical service (call 116 117). **Do not go in person** to the doctor's surgery or out-of-hours medical service.
 3. Tell us where you have been and when, what your symptoms are and whether you have come into contact with anyone who is sick or deceased.