

EBOLA FACTS

What does someone with Ebola look like?

When a person gets Ebola, it may take from 2-21 days before they fall sick. Most people fall sick in a few days. They look very sick, but you cannot see the Ebola. It causes an illness that can look like malaria. Most have a sudden high fever, headache, vomiting, diarrhea and some of these symptoms: skin rash, nausea, chest pain, sore throat, abdominal pain, bleeding. Not everyone with Ebola will have bleeding.

How is it transmitted?

Ebola is passed to another person by the body fluids of the sick person or by the clothes or blankets of a sick person. Ebola can be in sweat, tears, saliva, blood, vomit, urine, or diarrhea of a sick person. Ebola virus is very good at getting into your body once it is on you.

EBOLA is NOT passed through the air by a sick person by ordinary breathing!!!! The possibility of getting Ebola is ***VERY LOW*** unless there has been direct contact with body fluids of sick people and of objects that have been contaminated by body fluids such as needles, medical equipment, soiled bed sheets, clothes, blankets, mattresses. You can NOT get Ebola from mosquitoes or biting insects or flies.

How can I keep from getting infected?

Avoid attending funerals if possible

Avoid touching dead bodies of those who die from Ebola

Practice Good Personal Hygiene

- > Frequent washing of hands with soap and water
- > Cover your mouth when you cough or sneeze
- > Wash your hands after toilet use
- > Use toilet, not roadside

What should I do if I think I have Ebola?

If you have been in contact with someone who has Ebola or symptoms of Ebola and then you get a sudden high fever with headache, stomach ache, diarrhea, skin rash or vomiting, you should contact your health care worker. Do not stay at home and hide. ***Do NOT go to a traditional healer or stay in your church to be prayed for.*** You should send a relative to the health center and tell them that you are sick and you think you have Ebola. If you hide, you will delay your treatment and you might not have Ebola and die of something else that you could have had treated. If you think someone else has Ebola, you should contact your health care center and let them know who it is and where they live so they can go there to talk to them.

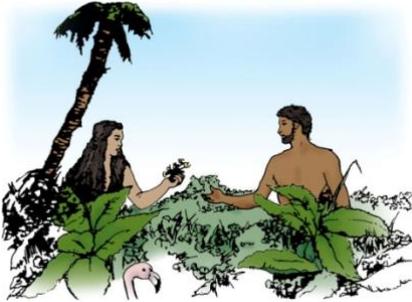


The above information is provided by the **Baptist Mission of Uganda** and based on information given by the **Centers for Disease Control (CDC)** based in Atlanta, Georgia USA.

Creation to Christ Story

Many people are asking why is God allowing this to take place? People are afraid and they do not know what to do. We want to share a short story that tells who God is and how we know that we do not need to be afraid.

God's word tells us that in the beginning he created the heavens and the earth. God created the earth and all the things that are in it. He even created man and woman to



have a relationship with them. God provided all things for the man and woman. However, one day the man and

woman were deceived by Satan and they disobeyed God. God was upset with the man and woman and their relationship was broken. **(Genesis 1-3)**

But God still loved them. He had to punish the sin because God is truth and he cannot allow sin. But because God loved all men, he provided a way for them to be forgiven and live in fellowship with him again. God gave men laws to follow and told them how to sacrifice when they broke one of the laws. But men could not live up to the rules that God gave and once again the relationship between God and man was broken.

God still loved men even though they were disobeying him. Because he loved them and there was no way for them to get to God, God came to men. He came to earth as Jesus Christ. Jesus is God. We want to share some stories about Jesus. **(John 1)**

Jesus was teaching one day in a home. A man was paralyzed and his friends wanted Jesus to heal him. Because of the big crowd they had to make a hole in the roof of the house to let the man down through the hole so that Jesus could heal him.



Jesus told the man his sins were forgiven because of their faith. Some religious leaders were there and said only God could forgive sins. To prove he was God, Jesus healed him and the man was then able to walk. **(Mark 2:1-12)**

Another day Jesus was crossing a lake in a boat when a bad storm came. The men



thought they would all die, but Jesus stopped the storm. **(Mark 4:35-41)**

One day Jesus was in a town and a man came to Jesus and asked him to heal his sick daughter. On the way they were stopped by a woman who was sick and he healed her. While they were stopped news came

that the man's daughter had died. When Jesus heard this he told the man "don't be afraid, just believe." The man did believe and Jesus went to his home and raised his daughter back to life. **(Mark 5:21-43)**

The Bible tells us that Jesus said "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." **(John 11:25-26)**

Because of his teachings the religious leaders had Jesus killed on a cross. But three days later Jesus rose from the dead. Many people saw him after his death and resurrection.

(Matthew 26-28)

The Bible tells us that we are all sinners and that the punishment for our sins is death and separation



from God forever. But anyone who believes that Jesus is God and that He rose from the dead, if they confess this and ask Jesus to forgive them, they will have eternal life. God loves us and wants us to return to him and have a relationship with him as he did with the first man and woman before they sinned. He is giving us an opportunity to return to him through Jesus. We must believe in our hearts and confess with our mouths that Jesus is Lord. The Bible tells us to repent and turn to God and to prove our repentance through our actions **(Acts 26:20)**. **(Romans 3:23, 6:23, 9:16, 10:9-13)**

We may not understand why God has allowed Ebola or any other disease to come, but we are able to know God through Jesus Christ. When we have a relationship with Jesus Christ, we have eternal life and there is nothing that we need to be afraid of.