**Ebola Virus Disease Care Group Flipchart**

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**Lesson Plans 1–9** include stories, activities, and Picture Boxes for an Ebola virus disease (EVD) flipchart.

**Lesson Plans 1–4** deal with Ebola readiness in countries that have not yet seen active cases.

**Lesson Plans 5–9** deal with Ebola readiness in countries that have experienced or are in the midst of an Ebola epidemic.

# Understanding the Lesson Plan Format

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|  | Each lesson begins with **objectives**. These are the behavior, knowledge, and belief objectives that are covered in the lesson. Most objectives are behavioral objectives written as action statements. These are the practices that caregivers are expected to follow based on the key messages in the flipchart. |

Under the objectives, all of the **materials** needed for the lesson are listed. Some materials, as noted in the lists of needed materials, should be brought by an Activity Leader chosen in each Care Group. See the description of the **activity** sections, below, for more information.

Each exercise (section of the lesson plan) is identified by a **small picture**.Pictures are used to remind non-literate Care Group Volunteers (CGVs) of the order of the activities. For example, when it’s time to lead the game, the lesson plan shows a picture of people laughing as if they are enjoying a game (see below). The pictures in the lesson plan cue CGVs of the next activity. Review the descriptions below for more information.

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| **Game** | The first activity in each lesson is a game or song.Games and songs help the participants to laugh, relax, andprepare for the lesson. Some games review key messages that the participants have already learned. |
| **Attendance and Troubleshooting** | Following the game, all Promoters[[1]](#footnote-1) should take attendance. Following attendance, the Promoter follows up with any difficulties that the CGVs had teaching the previous lessons.  When CGVs are teaching neighbor groups (the beneficiary women that they serve gathered together in a group), this is a good time to review key messages from the previous lesson and hear the success and challenges the neighbor mothers had when trying out new practices from the previous lesson. During individual home visits, this can be done one-on-one with mothers. |

Next the Promoter reads the **story** printed on the flipchart, using the images to share the story. The story in each lesson is followed by discussion questions.

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| **Ask about Current Practices** | Discussion questions are used to discuss the problems faced by the main characters in the module. Use the story and discussion questions to discover the current practices of the women in the group (or the mother being visited during a home visit). |

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| **Share the Meaning of Each Picture in the Picture Box** | After turning to a new flipchart page ask, “What do you think these pictures mean?” After the participants respond, explain the captions and key messages written below or next to the pictures. Each picture box may have several pictures in it. |

The lesson plan also contains **additional information** for the trainer. The additional information does not need to be discussed during the lesson unless it relates to questions asked by the participants.

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| **Activity** | Next is an activity.Activities are “hands-on” exercises to help the participants understand and apply what they have learned. Many of these activities require specific materials and preparations. |

The **Activity Leader**, chosen in each Care Group, is responsible for organizing materials for each lesson’s activity. The Activity Leader meets with the Promoter 10 minutes before **each lesson** to discuss the needed materials for the next lesson’s activity (2 weeks later). The Activity Leader is responsible to talk with the others (CGVs or neighbors) during “Attendance and Troubleshooting” to organize the materials needed for the next meeting, including asking them to volunteer to bring the items needed for the activity. The Promoter leads the activity, but the Activity Leader supports him/her by organizing the volunteers and aiding the Promoter during the activity.

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| **Discuss Barriers** | The Promoter asks if there are any obstacles that prevent the caregivers from trying the new practices. Together with the other mothers in the group, the Promoter helps to solve problems and obstacles mentioned. The group may offer information, skills, or tips to help mothers overcome obstacles. |
| **Practice and Coaching** | Next is Practice and Coaching. We want to make sure that each CGV understands the material and can present it to her neighbors. The Promoter observes and coaches CGVs as they practice teaching in pairs using the flipcharts.  When CGVs teach their neighbors, they will modify this activity by asking each woman to share the key messages (and practices) that she has learned with the woman next to her. The CGV will go around and listen to each pair, making sure they understood the key messages correctly. |
| **Request Commitments** | Finally, the Promoter requests a commitment from each of the women in the group. It is up to each woman to make a choice. Do not force anyone to make a commitment if she is not ready. |

All lessons follow the pattern described above. Lessons can be adapted as needed to fit the needs of your group. Lessons should not exceed 2 ½ hours in length each, though some lessons may take longer than others. The suggested time for each section is listed in the table below, but will vary according to the specific lesson plan used.

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| **Section Name** | **Time Needed for this Section** |
| Game or Song  Attendance and Troubleshooting  Story  Ask about Current Practices  Share the Meaning of Each Picture Box  Activity  Discuss Barriers  Practice and Coaching  Request Commitments | 5–15 minutes  5–15 minutes  5 minutes  10 minutes  30 minutes  15–30 minutes  15 minutes  20 minutes  10 minutes |
|  | **2–2½ hours** |

**Abbreviations and Acronyms**

CCC Community Care Center

CG Care Group

CGV Care Group Volunteer

ETU Ebola Treatment Unit

EVD Ebola Virus Disease

ORS Oral Rehydration Solution

PPE Personal Protective Equipment

SRU Screen and Referral Unit

# Acknowledgements

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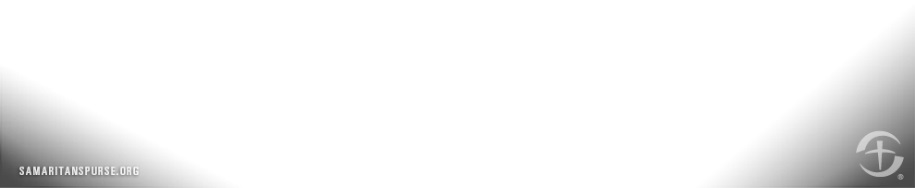
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The following resources were used in the development of this module:

* International HIV/AIDS Alliance. (2002). *100 Ways to Energize Groups: Games to Use in Workshops, Meetings and the Community*. Available at www.aidsalliance.org.
* WIRED international. 2014. *WiRED Rapid Response Training Module Ebola.* <http://www.wiredhealthresources.net/presentations/58/story.html>
* World Health Organization. 2014. *Ebola virus disease.* Available at <http://www.who.int/csr/disease/ebola/en/>
* World Health Organization. 2014. *Frequently Asked Questions on Ebola virus disease.* Available at <http://www.who.int/csr/disease/ebola/ebola-faq.pdf?ua=1>
* Posters/illustrations from the Center for Disease Control and Prevention: Poster numbers: CS251137B; CS251137-C, CS252823A, CS255720-D
* Posters adapted from UNICEF C4D Ebola materials: “Ebola virus: What to do if you have symptoms”; “Ebola prevention poster”
* [www.oxforddictionaries.com](http://www.oxforddictionaries.com)
* World Health Organization. “Field situation: How to conduct safe and dignified burial of a patient who has died from suspected or confirmed Ebola virus disease.”
* Ministry of Health and Social Welfare Liberia, UNICEF, World Health Organization and partners. gCHV Training on Ebola Flipbook and IPC. September 2014 (DRAFT).
* Academy for Educational Development, International Center for Research on Women and International HIV/AIDS Alliance. Developed by Ross Kidd, Sue Clay and Chipo Chiiya. “Understanding and Challenging HIV Stigma: Toolkit for action”. *Introduction and Module A*. 2007.
* *Say and Play: A tool for young children and those who care for them* by Dr. Jonathan Brakarsh in association with Project Concern International – Zambia (2009).
* *The Journey of Life: A community workshop to support children* by Regional Psychosocial Support Initiative (REPSSI), the Community Information and Inspiration Team (CIIT) and Dr. Jonathan Brakarsh (2004). Illustrations by Stan Watt.
* Caritas. “New ebola burials reflect religious concerns”. Available at <http://www.caritas.org/wp-content/uploads/2014/11/Ebola-burial-illustration-4.jpg>
* Academy for Educational Development, International Center for Research on Women and International HIV/AIDS Alliance. Developed by Ross Kidd, Sue Clay and Chipo Chiiya. “Understanding and Challenging HIV Stigma: Toolkit for action”. *Picture Booklet*. 2007.
* Infant feeding and Ebola: Further Clarification of Guidance, available at [http://files.ennonline.net/attachments/2176/DC-Infant-feeding-and-Ebola-further-clarification-of-guidance\_190914.pdf](http://files.ennonline.net/attachments/2176/DC-Infant-feeding-and-Ebola-further-clarification-of-guidance_190914.pdf%20%20)
* <http://www.nejm.org/doi/full/10.1056/nejmp1409903>
* <http://www.cdc.gov/vhf/ebola/pdf/2.6-percent-chlorine-bleach-solution.pdf>

# Lesson 1: What is the Ebola Virus?

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|  | Understand the importance of the following and act accordingly:   * What the Ebola Virus is and where it comes from * What the community can do to prevent an outbreak or spread of the virus * How to identify symptoms of the virus and reasons for seeking treatment quickly |

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|  | **1. Game: Paired Animals** |

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|  | **2. Attendance and Troubleshooting** |

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| **3. Story: Aminata Hears about Ebola  (Picture Box 1.1)** |

Aminata lived in a small village and was terribly scared by the stories going around about this deadly disease called Ebola in their neighboring country. Everyone was talking about it and how horrible it was. Aminata had heard different stories about it and was not sure which ones to believe. People were passing along stories about Ebola, but could not agree on how it was passed from one person to another, what could be done for a person who gets it, or the reason why people were getting the diseases. Aminata was confused and did not know what to believe, and even wondered if Ebola was real, after all.

## Aminata Hears about Ebola (Picture Box 1.1)

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| **Aminata was terribly scared about this deadly disease called Ebola.** | **People were passing along all kinds of stories about Ebola.** |
| **Some people were afraid and angry.** | **Aminata was confused and afraid and did not know what to believe.** |

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|  | **4. Ask about Current Practices** |

* What has Aminata heard about Ebola? What have you heard about Ebola?
* Is Ebola a problem or concern in our community? Why or why not?
* What things can we do to prevent Ebola?

Let’s compare your ideas with the messages on the following pages.

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|  | **5. Share the Meaning of  Picture Box 1.2:  How Ebola is Spread** |

* What do you think these pictures mean?

**Ebola is a deadly disease that is usually spread from person to person.**

* Ebola is named after a river in the Congo.
* The first cases are believed to have been spread from animals to people when people touched or ate bush meat or wild animals that had the virus. However, most cases have been spread from person to person.
* Ebola virus is in the bodily fluids of an infected person. Most people get Ebola from another person by touching them or their bodily fluids, including sweat, urine, feces, blood, vomit, or semen.
* Direct contact with an infected person (alive or dead) or their bodily fluids is necessary to spread Ebola.
* Ebola is not spread by touching a well person, through the air, mosquitoes, vaccines, governments, witchcraft or curses.
* Scientist are working on a vaccine and testing vaccines to see if they are safe and effective. At this point, there is no Ebola vaccine that is available to the general public in any country. Even if a safe and effective virus is made available to people, many of the control measures that we will talk about will be helpful in preventing the spread of other dangerous diseases (e.g., Marburg Virus).
* Around half of the people who have gotten sick with Ebola have died, but early diagnosis and treatment improves their chances of surviving.

## How Ebola is Spread (Picture Box 1.2)

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| **When a loved one is sick, we want to help them. We touch them to offer comfort. If you touch a person with Ebola, you have a strong chance of getting sick yourself.** |  | | |
| **Ebola Virus Disease is a dangerous disease caused by the Ebola virus. It** **is spread from person to person through contact with an infected person or body.** | | | |
|  | | | **This man touched his sister who is sick with Ebola. Now he feels sick**. |
|  | | **Ebola virus is in the bodily fluids of a person sick with Ebola. This man is sick with Ebola and Ebola is in the vomit.** | | |
|  | | | | |
| **Ebola is NOT spread through vaccine, air, mosquitoes, government, or witchcraft.** | | | | |

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|  | **6. Share the Meaning of Picture Box 1.3: Care Groups and Health Facilities  can Fight Ebola** |

* What do you think this picture means?

**Communities with strong trust and confidence in each other can help each other avoid Ebola.**

* Care Groups help build trust and confidence.
* The Care Group Volunteer can help you avoid Ebola and know what to do if Ebola cases are ever found in your community.
* The Care Group Volunteer is linked to the local health facility and community leaders and can provide information and skills to fight Ebola if it ever comes to our country.

## Care Groups and Health Facilities can Fight Ebola (Picture Box 1.3)

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| **Care Groups help build trust and confidence in each other. The Care Group Volunteer is linked to the local health facility. Together we can help our community.** |

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|  | **7. Share the Meaning of Picture Box 1.4 and Picture Box 1.5: Simple Things to do to Prevent Spread of Ebola** |

* What do you think these pictures mean?

**Practicing good hygiene behaviors can help you fight Ebola and other diseases.**

* You already have learned many of these behaviors in past Care Group lessons: hand washing with soap, using latrines and disposing of children’s stools properly, purifying water, and cooking foods well.
* We can help others in our community by gently sharing with them how these behaviors can protect us all by lowering the spread of disease.

**In the midst of an Ebola outbreak, some communities choose to practice safe greetings.**

* Ebola can be spread from a person with Ebola to a person without Ebola through simple contact such as handshakes and hugs, if bodily fluids are present. Encouraging others to minimize contact with an “Ebola Handshake” (elbow bump) and a safe hug (hugging yourself) can be an easy way to keep your community safe when Ebola cases have been found in your country and an emergency has been declared.

**Simple Things to Do to Prevent the Spread of Ebola:   
Hand Washing and Good Hygiene (Picture Box 1.4)**

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| **Washing your hands can stop you from getting sick with Ebola virus. Wash your hands with soap at all the critical times: after using the latrine or cleaning a child, or disposing of a child’s feces, AND before preparing food, eating or feeding a child.** |
| **Always cook foods thoroughly AND drink only safe water.** |

**Simple Things to Do to Prevent the Spread of Ebola:   
Ebola Handshake (Picture Box 1.5)**

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| --- | --- | --- |
| **photo 2** | | **photo 1** |
| **The Ebola handshake and a safe hug keeps Ebola from spreading during an outbreak.** | | |
| handshake forbidden | elbow bump | |
| **Greet one another with an “Ebola handshake” instead of a traditional handshake.** | | |

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|  | **8. Share the Meaning of  Picture Box 1.6:  How to Visit a Sick Person** |

* What do you think this picture means?

**Care Group Volunteers can help by identifying sick people and reporting back to the Care Group.**

* Volunteers will visit every family in their Neighbor Circle regularly to make sure that people are cared for and have what they need.
* If you find someone who is sick with signs of Ebola, report to me (Promoter), but do not touch them since Ebola is very contagious. Do not alarm the family and do not tell the family that the person might have Ebola. If no cases of Ebola have been reported in the country, it is likely that all these possible cases will be due to another cause and not Ebola. But, knowing of people who are sick can help us find a case of Ebola if one does occur.
* We can work with and support the Ministry of Health and health workers by trying to prevent the spread of Ebola.
* We also can encourage cooperation between traditional leaders and public health officials, since they all work for the common good of our community.

**How to Visit a Sick Person (Picture Box 1.6)**

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|  | **When you visit a sick person who might have Ebola, do not touch him/her. Be sure to wash your hands after the visit. Tell your Care Group Volunteer, who can inform the Promoter or health worker, so the sick person can get proper help and the Care Group Volunteer can remind everyone how to stay safe.** |
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|  | **9. Activity: Safe Greetings** |

* Do you think you can use this greeting in your community during an Ebola outbreak?

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|  | **10. Discuss Barriers** |

* Is there anything that might prevent you from trying these new practices during an outbreak of Ebola?
* Is there anything that might prevent you from hand washing with soap at critical times?
* How can we greet people or care for our family without touching?

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|  | **11. Practice and Coaching** |

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|  | **12. Request Commitments** |

* Based on today’s teachings, what commitment will you make?

# Lesson 2: How is Ebola spread? About Ebola and Transmission

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|  | Understand the following and act accordingly:   * What Ebola virus is and the signs and symptoms * What happens to a person when they get sick with Ebola * Where to get good information about Ebola in their community and what to do if they suspect Ebola in their household |

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|  | **1. Game: Body Writing** |

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|  | **2. Attendance and Troubleshooting** |

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| 3. Story: Two Sisters get Ebola  (Picture Box 2.1) |

One morning, Helena woke up feeling unwell. She felt weak and her body was warm. “It’s probably just malaria,” she thought. But, she was very scared because she had heard about Ebola affecting people in other parts of the country. By early that evening, her stomach hurt and she had diarrhea.

Her sister Grace came by to visit her, as she routinely does. “You don’t look well. Are you alright?” she asked. Grace could see sweat on Helena’s forehead and, naturally, she touched it to feel if she had a fever. Helena’s body was very warm! “I think you should go to the hospital. What if it’s Ebola? They are having cases of that in other provinces,” Grace added. “No, I think it’s just a little malaria. I will take some tablets. They say there is no cure for Ebola after all,” Helena replied.

Even though she was feeling a lot worse later that evening, Helena continued to prepare dinner for her family. When her son, Zomo, got home, Helena was extremely weak. She vomited a few times and Zomo cleaned up the vomit. “I think we should go to the hospital,” Zomo said. “Why would you take me to the hospital when everyone that goes there dies and is never seen again? I’m not going! Let’s eat and go to bed,” Helena responded with resentment.

In the morning, Zomo left for school, but soon got a message that his mother had died at home. He rushed home and found his father kneeling next to his mother’s body, hugging her and crying. Zomo cried, too. When Zomo was able to speak, he said to his father, “They said on the radio that we should call the government officials to bury the body when someone has symptoms like those that mother had.” “No, I will not do that to your mother. I will bury her right here,” Zomo’s father responded. Two neighbor women came and helped prepare the body for burial and Helena was buried in the homestead.

The very same week, Zomo’s father and the neighbor women who helped clean Helena’s body also got sick. Zomo was worried about his father because at first, he did not want to go to the hospital. The next day, Zomo and his Aunt Grace had the same symptoms as Helena. Grace and Zomo went to the hospital where they got treated and, after a few weeks, got well.

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|  | **4. Ask about Current Practices** |

* What are some of the symptoms of Ebola? What symptoms did Helena have?
* What have you heard about how Ebola is transmitted?
* What things can you do to protect yourself and others from Ebola? Was Zomo right in wanting to call the authorities?

**Two Sisters Get Ebola (Picture Box 2.1)**

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| **One morning Helena woke up feeling unwell. She was weak and her body was warm.** | **Her sister Grace came by to visit and noticed she did not look well. She touched her and felt how warm she was. She told her, “I think you should go to the hospital. What if it’s Ebola?”** |
| **After cooking dinner, Helena felt worse. When her son Zomo got home, she was very weak and vomiting. Zomo cleaned up her vomit.** | **Zomo told her, “I think you should go to the hospital. What if it’s Ebola?” But Helena was afraid to die at the hospital and did not go.** |
| **The next day, Zomo went to school. He received a message that his mother had died. When Zomo went home, his father was hugging Helena’s body and crying.** | **“On the radio they said we should call the government officials to bury someone who has symptoms like Mother had,” Zomo said. His father refused. He wanted to bury her at home, in the traditional way.** |
| **Two neighbor women helped prepare Helena’s body for burial and she was buried the next day.** |  |
| **The next day, Zomo, his Aunt Grace, his father, and the neighbor women all had symptoms similar to Helena’s.** | **Zomo and Aunt Grace went to the hospital and got well.** |

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|  | **5. Share the Meaning of Picture Box 2.2:**  **Ebola is Dangerous and  Signs/Symptoms of Ebola** |

* What do you think these pictures mean?

**Ebola Virus Disease (EVD) is a dangerous disease caused by the Ebola virus that has killed about half of the people that have gotten it.**

* Some people that get Ebola survive with proper care, but many do not despite our best efforts. With early detection and good care, more than half of people may survive. You can make the difference.

**Symptoms of Ebola include a high fever that starts suddenly AND any of the following: headache, muscle pain, diarrhea, vomiting, belly pain, or unexplained bruising or bleeding.**

* Early signs usually include a fever, weakness and fatigue, headache, sore throat, and body pains.
* Later signs can include vomiting, diarrhea, small bumps or rashes on the skin, red eyes, or bleeding from the mouth, nose, or eyes.
* Have you ever seen someone with these signs or symptoms?
* What are some other sicknesses that have similar signs?
* How can you know if someone with these symptoms has Ebola or one of the other diseases?

**Ebola is Dangerous but Early Care can Help You Survive (Picture Box 2.2)**

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| LP 02 clinic means survival 0001 | LP 02 clinic means survival 01 |
| **Ebola Virus Disease can kill around half of the people who get it. More than half of the people who receive good care early will survive.** | |
| **Ebola starts suddenly. A person with Ebola might have belly pain, vomiting, headache, fever, body pain, bleeding, diarrhea, or fatigue.** | |

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|  | **6. Share the Meaning of Picture Box 2.3: Ebola Spreads from Person to Person** |

* What do you think these pictures mean?

**EVD is a dangerous disease caused by the Ebola virus. It is spread from person to person through contact with an infected person or body.**

* Ebola virus is in the bodily fluids of an infected person. Direct contact with an infected person or their bodily fluids is necessary to spread Ebola.
* Only people who live in an area where there are cases of Ebola and have had contact with someone with Ebola or that have traveled to those areas can get the disease.
* Ebola is not spread through the air, mosquitoes, vaccines, governments, witchcraft, or curses.

**Ebola Spreads from Person to Person   
(Picture Box 2.3)**

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| **Ebola is spread by touching a person with Ebola or their bodily fluids.** | |
| **You can get Ebola when you touch another person with Ebola. You CANNOT get Ebola from vaccines, mosquitoes, the government, or witchcraft.** | |

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|  | **7. Share the Meaning of Picture Box 2.4:  It takes 2–21 days to Get Ebola** |

* What do you think these pictures mean?

**The amount of time between when you have contact with someone with Ebola and the beginning of symptoms is 2 to 21 days. People are not able to infect others until they start having symptoms.**

* People remain infectious from the moment they first have symptoms and for as long as their blood/bodily fluids contain the virus. Those that recover from infection with Ebola cannot get that strain (or “type”) of Ebola again, at least for a minimum of 10 years. There is usually only one strain of Ebola in a country.
* Once the Ebola virus enters the body, it affects how the infected person’s blood clots and how the body fights infection.

**It Takes 2–21 Days to Get Ebola   
(Picture Box 2.4)**

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| **If you touch the bodily fluids of a person with Ebola, you can get sick  2–21 days later.** | | |
| **touching a sick person** |  |  |
|  | | |

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|  | **8. Share the Meaning of Picture Box 2.5: How do you know it is Ebola?  What do you do next?** |

* What do you think these pictures mean?

**The only way to know when there’s an epidemic is through an official government announcement.**

* Do not rely on rumors or hearsay. Only listen to information on Ebola from trusted sources, such as the Ministry of Health, other government ministries (that are working with international agencies), and organizations that are working with the Ministry of Health.

**If there is an Ebola outbreak in your country and if you think someone may have Ebola, the most important thing to do is to direct them or take them to be examined, while avoiding touching them or their bodily fluids. (Note: Add any country-specific information for your country here, like Ebola hotlines.)**

* There is a test done at a health facility by specially trained health workers with the right supplies and materials that can confirm if a person has Ebola or not.

**If there is an Ebola outbreak in your country and you cannot take the sick person to a care center (for example, if all are full), you will need to care for them at home safely. There are important things to do when you must care for a person with Ebola (such as rehydration and feeding) that we will discuss later.**

* What are some official sources you can rely on for information on Ebola in your community?
* What can you do if you suspect Ebola?

**How do you know it is Ebola? What do you do next? (Picture Box 2.5)**

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| **The only way to know when there’s an Ebola epidemic is through an official government announcement.**  1487LR-H-002 |
| **Keep a safe distance from someone you think might have Ebola. Direct them to a clinic to be examined.** |

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|  | **9. Activity: Hand Washing Song** |

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|  | **10. Discuss Barriers** |

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|  | **11. Practice and Coaching** |

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|  | 12. Request Commitments |

# Lesson 3: Prevention: What can you do now?

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|  | Understand:   * The nature of Ebola Virus Disease (EVD) * How to prevent the spread of the virus * What information to expect from the health/public health officials * The importance of adopting prevention practices, such as hand washing * Truths about the virus |

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|  | **1. Game: What Has Changed?** |

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|  | **2. Attendance and Troubleshooting** |

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| **3. Story: Marah Visits Her Friend, Sarifina (Picture Box 3.1)** |

Marah and Sarifina are friends and live in the same community. One day, Marah went to visit Sarifina at her home. “Good morning,” Marah said. “Good morning Marah. Welcome and have a seat,” Sarifina responded. Although the two friends had heard about Ebola, there had not been any Ebola cases in their community. Sarifina owned a television set and there had been a lot of news on Ebola from other provinces.

“Please wash your hands so we can share a cup of tea,” said Sarifina, as she handed a basin of water and soap to Marah.

“So have you heard about this Ebola disease?” Sarifina continued. “Yes, I heard them talk about it on the radio the other day. People were arguing about whether it was real and about who brought it to our country,” said Marah. Marah proceeded to excitedly tell Sarifina several of the rumors she had heard. Sarifina responded, “People like to spread rumors. But the nurse at our clinic has been trained on Ebola. She said that the disease is real and can be passed from one person to another, even from those that are dead to those that are alive. However, there are ways to protect ourselves, our families, and our community.” Marah listened attentively as Sarifina explained different ways of preventing Ebola, including hand washing with soap, notifying authorities when someone has signs or symptoms of Ebola, and safe burial of the dead. The two friends had a long talk on Ebola, sharing what they had heard about it. Sarifina had valuable information, which she shared with Marah.

As Marah left, she stopped by the latrine. Outside the latrine, she noticed a hand washing station with soap right by the latrine that Sarifina and her husband had installed. She was very impressed with the precautions Sarifina was taking to stay safe.

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|  | **4. Ask about Current Practices** |

* What is the difference between Marah’s and Sarifina’s knowledge on Ebola and who they trust for information?
* What are the results of the conversation between Marah and Sarifina?
* Do you think the people in your community are more like Marah or Sarifina? Which do you want to be like?
* How did Sarafina demonstrate her commitment to preventing Ebola and other diseases?

**Marah Visits Her Friend, Sarifina (Picture Box 3.1)**

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| **Marah went to Sarifina’s house. Sarifina asked her to wash her hands before having a cup of tea.** | | |
| **Sarifina reminded Marah that you cannot believe everything you hear because people like to spread rumors about scary things.** | | **15494991423_7a62a428df_o** |
|  | |  |
| **Sarifina told Marah, “The nurse at our clinic has been trained about Ebola. She told me that hand washing with soap and safe burials can protect all of us.” Marah listened carefully to her friend**. | | |
|  | *1487LR-K-332* | |
| **Marah stopped at Sarifina’s latrine on her way home. She was impressed with the new hand washing station. Sarifina and her family were doing things to stay safe from Ebola.** | | |

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|  | **5. Share the Meaning of Picture Box 3.2: Prevention through Hand Washing** |

* What do you think these pictures mean?

**Washing your hands with soap can stop you from getting sick with Ebola virus and other diseases. Wash your hands with soap and water at all the critical times.**

* After defecating, cleaning your baby’s feces, or caring for a sick person
* Before cooking, eating, or feeding your baby

**Also wash your hands with soap and water when any person in your household is sick and when you come into contact with anyone’s bodily fluids.**

* Remember that Ebola virus is in a person’s bodily fluids (feces, urine, sweat, vomit, semen, or breastmilk).
* This can greatly reduce your risk of getting sick from Ebola and other diseases, too.
* When do you usually wash your hands with soap?
* How does hand washing with soap reduce the chance that you will get sick with Ebola?
* How do you usually wash your hands (explain or demonstrate)?
* Have you seen someone with these signs or symptoms?
* What are some other sicknesses that have similar signs?
* How do you know if someone with these symptoms has Ebola or one of the other diseases?

**Prevention through Hand Washing (Picture Box 3.2)**

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| **Washing your hands can stop you from getting sick with Ebola virus. Wash your hands with soap at all the critical times: after using the latrine, cleaning a child, disposing of a child’s feces, and caring for a sick person AND before preparing food, eating, or feeding a child.** |

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|  | **6. Share the Meaning of Picture Box 3.3: Prevention through Safe Disposal of Feces (Picture Box 3.3)** |

* What do you think these pictures mean?

**Properly dispose of feces: Use latrines and put all child feces in latrines. When a latrine is not available, bury feces.**

* When we use the bush, our feces can go into the water we drink and into our community from shoes, flies, or animals.
* Ebola virus lives in bodily fluids, including our feces. If everyone properly disposes of their feces, it reduces the chance that we will come into contact with Ebola.
* Where do people in your community go to relieve themselves?
* Are their feces properly disposed of?
* How can you practice safe disposal of feces to protect your family from Ebola and other sickness?

## Prevention through Safe Disposal of Feces (Picture Box 3.3)

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|  | 512KfBCZWML |  |
| **Always use a latrine or bury your feces (poo poo).** | | |

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|  | **7. Prevention through Safe Water and Food (Picture Box 3.4)** |

* **What do you think these pictures mean?**

**Always take water for drinking, cooking, washing dishes, and washing hands and bodies from a protected source.**

* A protected source has a cover or an enclosed tank, like a well with a cover or water that comes from a pipe. Protected sources keep out rain, animals, and insects.
* Avoid rivers, streams, and open wells.

**Treat drinking water at its point of use (your home), especially when using stored water.**

* For drinking water, even if you get the water from a protected source, it is important to always treat the water in the home before drinking.
* Ebola is not spread through water, but if someone in your home is sick, it is possible for the virus to get in the water if that person touches the water, then make other people sick.
* You can treat drinking water using Water Guard, bleach (e.g., Clorox), filtering it with a proper filter, purifying it using the sun (SODIS), or boiling it. (Note: Add locally available methods, if any.)

**Always store your water in a clean, covered container with a narrow opening.**

* If your container is dirty, even if you are using clean, safe water, the container could allow germs that can make you sick to get inside the water.
* Covered containers with a narrow opening mean that dirty hands cannot go in the water, dirty cups cannot go in the water, and children, insects, or animals can’t get inside as easily.

**Wash all fruits and vegetables. Cook your food properly and thoroughly.**

* Washing fruits and vegetables well with soap will help rinse away of any germs on the outside that might make you sick. As with hand washing, pour water over the fruits and vegetables after washing them to wash away the germs.
* Wash your hands and utensils with soap after handling raw meat. Cook all meat thoroughly before eating it to kill any germs or parasites in it.
* Cooked foods should be reheated before you eat them and never should be stored without refrigeration for more than 2 hours.
* Cover food to protect it from flies.
* What kind of water are you drinking now?
* What ways are you purifying and storing your water?
* How do you think you would like to purify and store your water now?
* How can you prepare your food safely?

## Prevention through Safe Water and Safe Food (Picture Box 3.4)

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| 15494754803_257356b90d_o | 1487LR-K-047 |
| **Use safe water for drinking and food preparation. Peel your vegetables and cook food, especially meat, thoroughly.** | |
|  |  |
| http://images.askmen.com/sports/foodcourt_400/433_timeless-meat-dos-and-donts-flash.jpg |  |
| **Wash your hands and utensils with soap after handling raw meat.** | |
| **C:\Users\cuttley\Desktop\fly cover.JPEG** | ceramic water container |
| **Keep flies away from your food and cover your water container.** | |

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|  | **8. Activity: Role Play: Visiting a**  **Friend during an Ebola Outbreak** |

**Materials needed:** Basin, soap, and water

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|  | 9. Discuss Barriers |

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|  | **10. Practice and Coaching** |

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|  | 11. Request Commitments |

# Lesson 4: Creating a Family Transportation, Communication, Treatment, and Burial Plan for Ebola

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|  | Understand the importance of and will be able to develop:   * A Family Ebola Care Seeking Plan * A Family Burial Plan   Help each other develop:   * An Ebola Community Readiness Plan * A Community Burial Plan |

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|  | **1. Game: Rainstorm** |

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|  | **2. Attendance and Troubleshooting** |

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| 3. Story: Bahaar’s and Sarifina’s  Community Response to Ebola  (Picture Box 4.1) |

Bahaar and Sarifina live in two neighboring communities, much like this one. Over the past few months they have been hearing a lot about a very serious disease called Ebola on the radio and from friends and family. Although they know Ebola is killing a lot of people, there have been no cases or deaths in either of their communities. There are no changes in Bahaar’s community and everyone is continuing with daily life the same as always believing that Ebola will not come to their village. They believe that by not talking about it, Ebola will be less likely to come to their village.

However, things are different in Sarifina’s village. Her community leaders have held multiple meetings and insist that families know what to do when someone has Ebola symptoms and how to avoid transmitting Ebola from person to person. People are changing their behaviors. For example, no one is hugging or touching people that live outside their household and there are hand washing stations at every household, school, and health center. They have established a transportation plan to ensure anyone with symptoms can get safely to an Ebola Treatment Unit (ETU). They have assured that everyone who does not have a cell phone has access to a cell phone for reporting possible cases (e.g., through the CGV). They have talked about how reporting possible cases early is one way to love their neighbors by getting them care as soon as possible. Sarifina’s community leaders also are asking families to change the way they bury loved ones. This is especially hard for Sarifina’s mom to understand, but everyone is insisting that touching a dead body is very dangerous during an Ebola epidemic and can make you sick.

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|  | **4. Ask about Current Practices** |

* What is going on in the communities where Bahaar and Sarifina live?
* What have the community leaders done in Sarifina‘s community?
* Do you think it is possible for someone in Bahaar’s and Sarifina’s communities to get Ebola? What do you think would happen in Bahaar’s community if someone has Ebola signs and symptoms? What do you think would happen in Sarifina‘s community if someone has Ebola signs and symptoms?
* What about your community? What will happen in your community if there is someone with Ebola signs and symptoms?
* Do you know what things need to be in place? If so, what are some of those things?

**Bahaar’s and Sarifina’s Community Response to Ebola (Picture Box 4.1)**

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| **Bahaar and Sarifina live in two separate communities. They have been hearing a lot over the radio and from friends about Ebola. There has been no Ebola in their communities.** | | |
|  | 1344NE-A-792 | |

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| **In Bahaar’s community, everything is happening as usual. People greet with friendly hugs, and burials happen in the traditional way.** | |
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| **In Sarifina’s community, the leaders are having meetings.** | | | |
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| **They insist that everyone knows what they can do to protect themselves from Ebola. They insist that families know what to do when someone has Ebola symptoms.** | | | |

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| **Sarifina’s community knows how to get more information if someone gets sick.** | |
|  | **The community has set up hand washing stations at homes, schools, and health centers. They also have made a transportation plan.** |

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|  | **They also know how to bury their loved ones safely. They learn that special burial teams wear protective suits when they bury people that have died from Ebola.** |
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|  | **And, they know how to get the best information.** |

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|  | **5. Share the Meaning of Picture Box 4.2: Community Ebola Readiness Plans** |

* What do you think these pictures mean?

**It is important that every community develops an Ebola Readiness Plan that includes:**

* + How people will be transported to a health facility or ETU without getting contaminated; Include country-specific information and plans Band be sure to include a transportation plan for pregnant women
* How people should communicate with family members and people with information on Ebola when cases are seen in your community; Mention any current hotlines, phone trees, or SMS services and community health workers, “contact tracers”, or other community members working to fight Ebola in your community
* How to assure that everyone has a way to report cases, such as by their own cell phone, the cell phone of someone they know, or through a specific leader
* How the community can get accurate emerging information about Ebola (include country-specific information and plans)
* How can you help communities develop these plans?
* What role can you play in ensuring these plans are carried out?

Discuss the different roles of people in your community and district/county regarding Ebola response during an Ebola epidemic and what has already been done.

**Have the talk now on these things. Talking about it does not make it more likely to happen, it makes it less likely to happen.**

**Community Ebola Readiness Plans (Picture Box 4.2)**

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| save community  **Your community can be ready for Ebola if it comes. Know how to get the best information.** | call for info |
|  |
| **Your community should plan how to safely transport a sick person to the health clinic, including a pregnant woman.** |  |

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|  | **6. Share the Meaning of Picture Box 4.3: Family Ebola Care Seeking Plan** |

* What do you think these pictures mean?

**Each family should also develop an Ebola Care Seeking Plan in case someone in your family gets sick that includes:**

* How family members will be transported to a health facility or ETU without getting contaminated by the Ebola virus
* How people should communicate with family members and people with information on Ebola when cases are seen in your community; Mention any current hotlines, phone trees, or SMS services on Ebola and follow the community plan
* How families will report suspected cases if they do not have a cell phone
* How care will be provided at home until the person is transported; If there are no open ETUs or other places to treat them, follow your community plan (see Additional Information for the Trainer, below)
* How can you help communities develop these plans?
* What role can you play in ensuring these plans are carried out?

Discuss the different roles of people in your community and district/county regarding Ebola response.

Tell participants, **“Have the talk about these issues *now*. Talking about it does not make it *more* likely to happen, it makes it *less* likely to happen.”**

**Family Ebola Care Seeking Plan (Picture Box 4.3)**

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| **Your family also should make a plan so you are ready if Ebola comes.** | |
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| **Each family should know how to get the best information.** | |

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| ambulance |  | |  |
| **Your family plan should include how to safely transport a sick family member to a health clinic. If someone in your family is pregnant, you should make a transportation plan for her, as well.** | | | |
|  | | wash your hands | |
| **While you wait to transport your sick family member, choose one person to give care. Everyone else should stay back. Make sure to have oral rehydration solution (ORS) for your family member to drink and to wash your hands well.** | | | |

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|  | **7. Share the Meaning of Picture Box 4.4: Community and Family Burial Plan** |

* What do you think these pictures mean?

**Each community and family should have a plan for safe burials.**

* This plan should include how people can safely grieve and take care of the remains of people that died from Ebola (including through cremation) and include alternate ceremonies that honor the dead, but help avoid transmission. (Include country-specific information on burial teams.)
* Follow your community plan. If there is no such plan, follow the steps you followed to develop a community Ebola Readiness Plan to develop your community-safe burial plan.
* How can you help communities develop these plans?
* What role can you play in ensuring these plans are carried out?

Discuss the different roles of people in your community and district/county regarding Ebola response. Be sure to consider how to include traditional healers as your community creates an Ebola Readiness Plan.

**Have the talk *now* on these things. Talking about it does not make it *more* likely to happen; it makes it *less* likely to happen.**

**Community and Family Burial Plans (Picture Box 4.4)**

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|  | **Your family should make a plan for safe burial. If you think a family member has Ebola and they die at home, you will know what to do.** |
|  | **It is possible to bury a body safely and with respect.** |
| **Care Group Volunteers (CGVs) can help families plan for Ebola.** | 1545CD-E-171 cropped |

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|  | **8. Activity: Role Play:**  **Create a Family Plan Role Play** |

**Wife:** “I hear in the market that Ebola has come to the next community. I think we should be ready in case Ebola comes here.”

**Grandmother**: “That’s just rumors! We don’t need to worry! I think Ebola is only brought by aid workers… they are not here in our community!”

**Father:** “Well, I heard something about it on the radio. My friend, Beyan, said he saw a special clinic being prepared in the next community.”

**Mother:** “My Care Group leader said we can do things to protect ourselves, like insisting everyone washes their hands with soap. She says we should know what the signs and symptoms of Ebola are and what to do if someone gets sick and may have Ebola. Especially, how to avoid touching one another when we are sick.”

**Grandmother:** “Hmmm. I suppose next you will say we can’t bury our own dead as we are accustomed to! How can we honor the dead if we cannot wash them and kiss them farewell?”

**Father:** “It sounds like we should talk to the elders. They will know how best to prepare.”

**CGV:** “Hello. May I come in?”

**Mother:** “Yes, yes. Come in. We have just been talking about how to get ready for Ebola.”

**CGV:** “And I have just come from speaking with two of the elders. They are concerned about Ebola in the next community. They have asked the CGVs to help families talk about being ready for Ebola. They are calling for a community meeting to be held at the school tonight. What do you think of the idea of being prepared?”

**Father, looking at his mother:** “We wonder how to continue to be respectful and protect ourselves.”

**CGV:** “Let’s talk about it…”

The conversation continues as the family talks about how to get the best information; the importance of hand washing, safe greetings, and reporting suspected cases; and how to bury someone safely and with respect. They also go to the neighbors’ house to tell them about the meeting at the school.

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|  | **9. Discuss Barriers** |

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|  | 10. Practice and Coaching |

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|  | **11. Request Commitments** |

# Lesson 5: Prevention Part I: What We Can Do during a Declared Epidemic

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|  | Understand the following and act accordingly:   * The nature of Ebola virus disease (EVD), how it’s transmitted, and how serious it is * How to prevent the spread of the EVD (part 1) * How to identify Ebola signs and symptoms |

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|  | **1. Game: Group Statues** |

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|  | **2. Attendance and Troubleshooting** |

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| 3. Story: Beyan and Sarifina Have Ebola  Signs and Symptoms (Picture Box 5.1) |

Beyan and Sarifina live in a community that has had many deaths recently. They have heard it is the Ebola Virus Disease, but many people don’t believe it. Ten days ago, Beyan and Sarifina both attend a funeral for a neighbor who died from this new disease. They followed the proper traditions to honor their neighbor and said goodbye. Today, they both suddenly have a high fever and are feeling weak. Beyan doesn’t know much about Ebola and he is scared. Sarifina is scared too, but she has more information and feels empowered to do something to help herself and her family.

## Beyan and Sarifina Have Ebola Signs and Symptoms (Picture Box 5.1)

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| http://www.caritas.org/wp-content/uploads/2014/11/Ebola-burial-illustration-4.jpg  **Ten days ago, Beyan and Sarifina both attended a funeral for a neighbor who died from this new disease. They followed the proper traditions to honor their neighbor and said goodbye.** | **Today, they both suddenly have a high fever and are feeling weak.** |
| **Beyan doesn’t know much about Ebola and he is scared.** | **Sarifina is scared too, but she has more information and feels empowered to do something to help herself and her family.** |

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|  | **4. Ask about Current Practices** |

* What happened to Beyan and Sarifina?
* How would we know if they had Ebola? What other Ebola signs and symptoms do you know?
* How do you think Beyan and Sarifina got sick? What are some ways that you think people can get Ebola?
* How did they each feel when they get sick? How do you think you would feel if it were you?
* Do you know how to protect yourself and your family from Ebola? If so, what are some ways you could prevent Ebola?

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|  | **5. Share the Meaning of Picture Box 5.2: Transmission and Signs/Symptoms of Ebola** |

* What do you think these pictures mean?

**Ebola Virus Disease (EVD) is a dangerous disease caused by the Ebola virus. It is spread from person to person through contact with an infected person or body.**

* Ebola virus is in the bodily fluids of an infected person.
* Direct contact with an infected person (alive or dead) or their bodily fluids is necessary to spread Ebola.
* Ebola is not spread through the air, mosquitoes, vaccines, governments, witchcraft, or curses.

**Signs and symptoms of Ebola include a high fever that starts suddenly AND any of the following: headache, muscle pain, diarrhea, vomiting, belly pain, or unexplained bruising or bleeding.**

* Early signs usually include a fever, weakness, headache, sore throat and body pains.
* Later signs can include vomiting, diarrhea, small bumps or rashes on the skin, red eyes or bleeding from the mouth, nose, or eyes.
* Have you seen someone with some of these signs or symptoms?
* What are some other sicknesses that have similar signs?
* How do you know if someone with these signs or symptoms has Ebola or one of the other diseases that has similar signs and symptoms?

## Transmission and Signs/Symptoms of Ebola (Picture Box 5.2)

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| DSCF7603DSCF7889 (2) | | |
| **Ebola Virus Disease (EVD) is a dangerous disease caused by the Ebola virus. It** **is spread from person to person through contact with an infected person or body.** | | |
| *DSCF7598 (2)* | *DSCF7614 (2)* | *DSCF7621 (2)* |
| **DSCF7590** | *DSCF7594* | *DSCF7677 (2)* |
| **Signs and symptoms of Ebola include a high fever that starts suddenly AND any of the following: headache, muscle pain, diarrhea, vomiting, belly pain, or unexplained bruising or bleeding.** | | |

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|  | **6. Share the Meaning of Picture Box 5.3: Prevention through Handwashing with Soap** |

* **What do you think these pictures mean?**

**Washing your hands can stop you from getting sick with Ebola virus. Wash your hands with soap or chlorine water at all the critical times.**

* Before cooking, eating or feeding your baby.
* After defecating or cleaning your baby’s feces.

**Also wash your hands with soap or chlorine water when any person in your household is sick, when you have touched someone who is sick, or when you have cleaned up after a sick person.**

* Remember that Ebola virus is present in an infected person’s body fluids (feces, urine, sweat, vomit, semen, or breastmilk).
* Handwashing can reduce your risk of getting sick too.

**Other good water and sanitation practices that help reduce diseases including using a latrine, properly disposing of children’s poop (feces), treating (purifying) drinking water, and thoroughly cooking foods.**

* How do you usually wash your hands (explain or demonstrate)?
* When do you usually wash your hands with soap?
* How does hand washing with soap stop you from getting sick with Ebola?

## Prevention through Hand Washing with Soap (Picture Box 5.3)

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|  | | | |
| Washing your hands can stop you from getting sick with Ebola virus. Wash your hands with soap or chlorine water at all the critical times. | | | |
| DSCF7694DSCF7692 | | | |
| Also wash your hands with soap or chlorine water when any person in your household is sick, when you have touched someone who is sick, or when you have cleaned up after a sick person. | | | |
| *DSCF7700 (2)* | *DSCF7967* |  | *DSCF7940 (2)* |
| **Other good water and sanitation practices that help reduce diseases including using a latrine, properly disposing of children’s poop (feces), treating (purifying) drinking water, and thoroughly cooking foods.** | | | |

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|  | 7. Share the Meaning of Picture Box 5.4: Prevention through Social Distancing |

* What do you think these pictures mean?

**Avoid getting sick with Ebola by keeping a distance from those who are sick and from bodies of people who may have died.**

* Use new greetings, and keep a distance from others during meetings (including religious services).
* Do not shake hands, kiss, hug, or touch anyone outside of your household and never with those who are sick, even if they are in your household.

**Avoid getting sick with Ebola by not sharing food or plates.**

* Do not eat from a common plate during the epidemic.
* Do not pre-chew food for children or elderly people at any time.
* Mash up children’s and old people’s food separately with a spoon, when necessary.

**If possible, have on hand: soap, bleach, oral rehydration solution (ORS) packets, gloves, plastic bags, and a spray bottle. If infection prevention & control kits or home based care kits are being distributed, get one for your family.**

* What are some other ways to greet people respectfully without touching?
* Have you seen people with these supplies around? Does anyone have any of these supplies already?

## Prevention through Social Distancing (Picture Box 5.4)

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| *DSCF7638 (2)* | *DSCF7634 (2)* |
| **Avoid getting sick with Ebola by keeping a distance from those who are sick and from bodies of people who may have died.** | |
| *DSCF7702 (2)* | |
| **Avoid getting sick with Ebola by not sharing food or plates.** | |
| *DSCF7983* | **If possible, have on hand: soap, bleach, ORS packets, gloves, plastic bags, and a spray bottle. If infection prevention & control kits or home based care kits are being distributed, get one for your family.** |

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|  | 8. Activity: Review and Role Play |

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|  | 9. Discuss Barriers |

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|  | 10. Practice and Coaching |

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|  | 11. Request Commitments |

# Lesson 6: Prevention Part II: What We Can Do during a Declared Epidemic

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|  | Understand the following and act accordingly:   * How to prevent the spread of Ebola Virus Disease (EVD; part 2) * How to identify Ebola signs and symptoms and what to do if they have Ebola signs or symptoms * What to expect from the health/public health officials during and epidemic * The importance of seeking care quickly when signs and symptoms of Ebola appear |

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|  | 1. Game: Move to the Spot |

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|  | 2. Attendance and Troubleshooting |

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| 3. Story: Beyan and Sarifina’s Response to  Ebola Signs and Symptoms  (Picture Box 6.1) |

Beyan and Sarifina both had signs and symptoms of Ebola and were afraid last week, but Sarifina had more information and felt empowered to do something. Sarifina stays away from her loved ones and calls the Ebola hotline immediately. She is taken by the Ebola response team to an Ebola Treatment Unit. Beyan is scared of leaving his family so he does not seek help, stays at home and does not tell anyone. When he gets very ill, his family are in close contact with him to provide needed care. Beyan dies at home. Sarifina gets very ill too, but she recovers at the Ebola Treatment Unit (ETU). Soon after Beyan dies, other members of Beyan’s family become ill and, tragically, they eventually die. Nobody else in Sarifina’s family becomes ill.

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|  | 4. Ask about Current Practices |

* What happens to Beyan? What happens to Sarifina?
* What is the difference between Beyan and Sarifina’s actions?
* What are the results of both Sarifina’s and Beyan’s actions?
* Do you think the people in your neighborhood – if exposed to Ebola – would act more like Beyan or Sarifina? Which do you want to be like?
* How did Sarafina demonstrate her love for her family by her actions? How might she be remembered by others when she dies someday?

## Beyan and Sarifina’s Response to Ebola Signs and Symptoms (Picture Box 6.1)

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| **Sarifina stays away from her loved ones and calls the Ebola hotline immediately. She is taken by the Ebola response team to an Ebola Treatment Unit.** | **Beyan is scared of leaving his family so he does not seek help, stays at home and does not tell anyone. When he gets very ill, his family are in close contact with him to provide needed care.** |
| **Beyan dies at home. Soon after Beyan dies, other members of Beyan’s family become ill and, tragically, they eventually die.** | **Sarifina gets very ill too, but she recovers at the Ebola Treatment Unit (ETU). Nobody else in Sarifina’s family becomes ill.** |

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|  | 5. Share the Meaning of Picture Box 6.2: Seeking Care Early |

* What do you think these pictures mean?

**Ebola can be treated, and many people recover, especially those who seek treatment early.**

* Early care seeking improves your chance of surviving.
* Early care seeking can help prevent infecting others in your family.
* Early care seeking means calling the Ebola hotline right away when you have signs or symptoms of Ebola. While you wait for their response, make sure you do not touch anyone and that you stay in one place while you seek care. Do not take public transport – call an ambulance or walk.
* You can do the right thing and not infect your family by seeking treatment quickly when you have signs of Ebola.

**It is important to convince sick neighbors and other people who are sick to seek care.**

* Early care seeking can help prevent infection of your family members, neighbors and others in the community.
* If you know someone who is sick, you can also call the Ebola hotline. (Promoter: Change this, as needed, to be in alignment with Ministry of Health guidance).
* It is wrong to run and hide with this disease, or to tell people there are no sick people in your house when they are sick. More people can get sick with Ebola by doing this.
* People who are sick can be heroes and take themselves to the health center so that family members and neighbors do not get sick. Others may remember and respect you for how you reacted when you got sick.
* What are people in your community doing now when someone is sick?
* Have you helped someone get care for Ebola? What happened?
* How can you seek care for someone who might have Ebola?
* Do you think you would be able to seek care for yourself or a family member who is sick?

## Seeking Care Early (Picture Box 6.2)

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| *DSCF7657 (2)* | *DSCF7799* |
| **Ebola can be treated, and many people recover, especially those that seek treatment early.** | |
| DSCF8027_2*DSCF8032* | |
| *DSCF7711* | *DSCF8145* |
| **It is important to convince sick neighbors and other people who are sick to seek care.** | |

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|  | 6. Share the Meaning of Picture Box 6.3: Do Not Touch |

* What do you think these pictures mean?

**It is important to not touch the sick person, their bodily fluids, or the things that they have handled.**

* Remember that Ebola virus is in the body fluids. If you touch their body or body fluids, you could get sick with Ebola.
* Things that someone has touched can have Ebola virus on it. If you touch these, you could get sick with Ebola.

**Bodies of people who have died from Ebola are very infectious – you should not touch them.**

* You cannot always be sure of how someone died, so if there is an Ebola outbreak in your community, report ANY death in the community and avoid funerals if the government tells you to do so.
* If funerals are permitted, do things differently: Avoid touching, kissing, or washing the body. Avoid touching or kissing the family members of the deceased and anyone else who is attending the funeral.
* Keep a proper distance, at least 1 meter, from others. Talk with your community leaders about safe ways to show respect and love for those who are grieving without touching or kissing.
* How easy is it to avoid touching sick family member or someone close to you who has died?
* How can you avoid touching sick people or dead bodies?

## Do Not Touch (Picture Box 6.3)

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| *DSCF7638 (2)* | *DSCF7640 (2)* |
| **It is important to not touch the sick person, their bodily fluids, or the things that they have handled.** | |
| *DSCF7883 (2)* | *DSCF7889 (3)* |
| **Bodies of people who have died from Ebola are very infectious. You should not touch them.** | |

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|  | 7. Share the Meaning of Picture Box 6.4: What to Expect During an Ebola Epidemic |

* What do you think these pictures mean?

**If someone in your house is sick or has died, you should contact the Ebola hotline and inform your community leaders.**

* It is important to contact the Ebola hotline (change per the local context). This is how to contact them:…. Make sure to keep trying until you reach someone.
* People who come might be wearing protective equipment (gowns, mask, gloves, goggles, etc.).
* Follow the directions that they give you, they are trying to prevent other people from getting sick.

**You should expect to see people dressed strangely and other new things if Ebola comes to your community.**

* They might be doing things such as taking sick people to Ebola treatment units or community care centers, spraying chlorine spray, taking dead bodies for proper burial or cremation, or checking on contacts every day, isolating households. (Add any information here about what is being done locally.)
* The things these people will do are not spreading Ebola; they are helping stop Ebola in your community.
* There may be checkpoints to measure body temperature, chlorine handwashing, or curfews and restricted travel.
* Have you seen any of these things in your community already?
* How would you contact the Ebola hotline?

## What to Expect During an Ebola Epidemic (Picture 6.4)

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| DSCF8123  ***YOUR LOCAL EBOLA HOTLINE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_*** |
| **If someone in your house is sick or has died, you should contact the Ebola hotline and inform your community leaders.** |
| *DSCF7852*DSCF7732 |
| **You should expect to see people dressed strangely and other new things if Ebola comes to your community.** |

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|  | 8. Activity: How can we  honor our loved ones? |

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|  | 9. Discuss Barriers |

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|  | 10. Practice and Coaching |

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|  | 11. Request Commitments |

# Lesson 7: What to Do When Someone has Ebola

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|  | * Understand the importance of immediately seeking care at the onset of Ebola signs or symptoms. * Be able to state four signs and symptoms of Ebola (review). * Be able to state three reasons why immediately seeking care is important. * Know who to contact in their area at the onset of Ebola signs or symptoms and the steps to take to contact them. * Know what an Ebola Treatment Unit (ETU) is and be able to state four things that happen at an ETU.   Note: If there are Community Care Centers (CCCs) or Screen and Referral Units (SRUs) in your area, be sure to discuss these places in detail as well.   * Believe that going to an ETU will help the sick person and their family. * Know how to best support the sick person while awaiting transport to the ETU. * Understand what contact tracing is and be able to list four reasons why this is important. |

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|  | 1. Game: Who is the Secret Leader? |

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|  | 2. Attendance and Troubleshooting |

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| 3. Story: Sarifina Seeks Care Early  and Recovers at an ETU  (Picture Box 7.1) |

Earlier, we talked about Beyan and Sarifina and how each of them responded differently when they first felt the symptoms of Ebola. As soon as Sarifina felt feverish and headachy, she told her community leader, and called the Ebola hotline. The operator on the hotline spoke in a very calm voice and asked Sarifina if her community had developed a transportation plan to safely take people who are sick to an ETU. Sarifina replied that yes, there was a committee and a specially prepared truck available to take her to the ETU. The operator told her to come as quickly as possible using that truck.

Sarifina was nervous about going to an ETU because it seemed like a scary place. But she also knew people like her uncle, Emmanuel, who had survived Ebola at an ETU and had returned home. Sarifina did not know anyone who had survived Ebola at home.

As her community arranged to transport her to the nearest ETU, Sarifina did not touch anyone, including her family and neighbors but ensured that she drank enough water to stay hydrated. She knew it was important to protect herself, protect her family, and to protect her community. At the ETU, Sarifina received oral rehydration solution (ORS), food, and care by trained health workers fully clothed in Personal Protective Equipment (PPE). On the days she felt strong, Sarifina sang with other women to pass the time. She began to feel better, and after 21 days, all of her symptoms were gone and she tested free of Ebola. Sarifina thanked the doctors and nurses when she left. She knew that if she had not come to ETU right away, she might not be alive.

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|  | 4. Ask about Current Practices |

* What did Sarifina do as soon as she felt symptoms of Ebola?
* How did Sarifina’s community respond?
* What do you think happens at an ETU?
* What would you do if you were Sarifina? Is your community prepared?

## Sarifina Seeks Care Early and Recovers at an ETU (Picture Box 7.1)

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| **As soon as Sarifina felt feverish and headachy, she told her community leader, and called the Ebola hotline.** | **As her community arranged to transport her to the nearest Ebola Treatment Unit (ETU), Sarifina did not touch anyone, including her family and neighbors but ensured that she drank enough water to stay hydrated. She knew it was important to protect herself, protect her family, and to protect her community.** |
| **At the ETU, Sarifina received oral rehydration solution (ORS), food, and care by trained health workers fully clothed in personal protective equipment (PPE).** | **She began to feel better, and after 21 days, all of her symptoms were gone and she tested free of Ebola. Sarifina thanked the doctors and nurses when she left. She knew that if she had not come to ETU right away, she might not be alive.** |

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|  | 5. Share the Meaning of Picture Box 7.2: Seek Immediate Care at  an Ebola Treatment Unit |

* What do you think these pictures means?

**As soon as you see signs or symptoms of Ebola, you should seek care. This improves the sick person’s chance of surviving and decreases the chance that the disease will spread to friends and family members.**

* Signs and symptoms of Ebola include fever AND any of the following: headache, muscle pain, diarrhea, vomiting, belly pain, or unexplained bruising or bleeding.

**Remember: Protect yourself! Protect your family! Protect your community!**

* Contact your village/community leader and health officials as soon as you have signs or symptoms of Ebola
* Call the Ebola Hotline
* Do not touch ***anyone*** if you have Ebola signs or symptoms.

**ETUs provide quality care and treatment for anyone who is sick with Ebola.**

* Follow your transportation plan for your household (or community) to safely transport the person to the ETU. Do not touch a person with suspected Ebola when escorting them to the ETU.
* If the person is very sick, and there is an ambulance in the area, you should call for an ambulance to come collect the person.

## Seek Immediate Care at an Ebola Treatment Unit (Picture Box 7.2)

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| *DSCF7657 (2)*  **As soon as you see signs or symptoms of Ebola, you should seek care. This improves the sick person’s chance of surviving and decreases the chance that the disease will spread to friends and family members.** | *DSCF7720 (2)*  **Remember: Protect yourself! Protect your family! Protect your community!** |

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| *DSCF7858 (3)*DSCF7794 (2) |
| **ETUs provide quality care and treatment for anyone who is sick with Ebola.** |

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|  | 6. Share the Meaning of Picture Box 7.3: What Happens at the Ebola Treatment Unit |

* What do you think each of these pictures mean?

**Upon arrival at an ETU, you will be asked a series of questions as part of triage. This will be done through an open window without touching anyone.**

* Possible questions include information about your signs and symptoms, about you like where you live, age, etc. and about who you have had contact with since you became sick.

**Next you will be placed in a room with other suspected cases. Once here, someone wearing PPE, including mask, gown, gloves, googles and boots will come to take your blood for testing.**

* Testing is done very quickly. Results are provided the same day.
* If test is positive, you are admitted to the ETU and given a bed.

**Doctors and nurses will check on you throughout the day to ensure you are receiving the best care possible. This includes:**

* Receiving paracetamol for fever
* Receiving ORS or an intravenous solution to prevent dehydration
* Antibiotics to help prevent other infections
* Medicines to help maintain blood pressure and to treat other signs and symptoms

**The staff at the ETU will also provide you with meals, including foods you are familiar with.**

**It is fine to pray for the sick (without laying hands for this illness) but this disease requires care by a health provider.** In fact, it is common to see the doctors and nurses in PPEs praying together. Prayer is not a ***substitution*** for treatment for this serious disease, but instead, can be used in ***addition*** to treatment.

## What Happens at the Ebola Treatment Unit (Picture Box 7.3)

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| *DSCF7785*  **Upon arrival at an ETU, you will be asked a series of questions as part of triage. This will be done through an open window without touching anyone.** | *DSCF7830 (2)*  **Next you will be placed in a room with other suspected cases. Once here, someone wearing personal protective equipment (PPE) including mask, gown, gloves, googles and boots will come to take your blood for testing.** |
| *DSCF7798 (2)*  **Doctors and nurses will check on you throughout the day to ensure you are receiving the best care possible. This includes:** | *DSCF7805 (2)*  **The staff at the ETU will also provide you with meals, including foods you are familiar with.** |
| **DSCF7780 (2)** | **It is fine to pray for the sick (without laying hands for this illness) but this disease requires care by a health provider.** |

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|  | 7. Share the Meaning of Picture Box 7.4: Contact Tracing for Ebola |

* What do you think these pictures mean?

**If you have touched or have regularly been near a person (< 1 meter; 3 feet) who had Ebola or their bodily fluids without wearing personal protective equipment, you are considered a contact.**

* This means you are a contact if you have slept in the same house, touched the body, touched bodily fluids, or touched the personal items of a person who had Ebola.

**Contacts should remain apart from others for 21 days. This is called “quarantining.”**

* If you are a contact, stay home and do not go around others for 21 days.
* If you are a contact, monitor for a fever or other Ebola symptoms twice a day for 21 days. If you have signs or symptoms, you should seek care immediately.
* Quarantining helps stop the spread of Ebola.

**Sometimes a person called a contact tracer might visit you if you are a contact. (Add any context specific information on contact tracers here.)**

* They will monitor you for a fever and other signs and symptoms.
* You should help them by giving them your correct information. They are trying to help protect you, protect your family, and protect the community.

## Contact Tracing for Ebola (Picture Box 7.4)

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| *DSCF7727 (2)DSCF7730DSCF7732* | |
| **If you have touched or have regularly been near a person (< 1 meter; 3 feet) who had Ebola or their bodily fluids without wearing personal protective equipment, you are considered a contact.** | |
| *DSCF8092*  **Contacts should remain apart from others for 21 days. This is called “quarantining.”** | **Sometimes a person called a contact tracer might visit you if you are a contact. (Add any context specific information on contact tracers here.)** |

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|  | 8. Activity: Role Play:Seeking Care Early |

**Lydia** is sweeping the yard (or doing another outdoor task around the home). Suddenly she sits down and says “Oh my goodness! I am not feeling well at all!”

She touches her forehead and says “Oh no! I have a fever!” Then she continues talking to herself. “But how can that be? I am almost certain I haven’t touched anyone who could be sick… Probably it’s only malaria.” Shakes her head, and says, “Oh dear, oh dear, whatever shall I do?”

**Lucy** comes along, returning from an errand. She sees Lydia sitting and says, “Mama, is something wrong?”

**Lydia** says, “No, don’t worry, I am just resting for a moment.” **Lucy** continues into the house with her packages. **Lydia** sits thinking for a moment. Lydia starts thinking out loud. She says, “What if it is Ebola? I remember from our meeting, that it is very important to get treatment early, and to protect others from catching it.”

**Lydia** calls to her daughter, “Lucy, come back.” **Lucy** returns, and Lydia says, “I am not feeling so well, I think I have a fever. It is probably malaria, since I haven’t been around anyone with Ebola, as far as I know, but since we don’t have a phone to call the Ebola hotline, I am just going to walk to the screening and referral center (or ETU or use the name of the appropriate local facility here), to find out whether it is Ebola or not.

**Lucy** begins to cry, and she says, “Oh, Mama, please don’t go. I’m afraid for you. She reaches her arms out to her mother.”

**Lydia** holds up her hand in a gesture that says STOP, and says, “Please, don’t touch me daughter, just in case I have the illness. I must go. Early treatment is the best and I want to protect you. I love you so very much and want you to be well.” Lydia says a prayer for her daughter before she leaves, and gives her instructions to pass along to other family members, but without touching her. Lydia takes a bottle of water, and begins to walk to the screening center. She blows kisses to her weeping daughter, and says, “Pray for me.”

**Lucy** says, “I love you, Mama, and I hope I will be a courageous woman like you.”

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|  | 9. Discuss Barriers |

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|  | 10. Practice and Coaching |

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|  | 11. Request Commitments |

# Lesson 8: After the Illness: Recovery and Decontamination

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|  | Know what to do if someone dies from Ebola in the community.   * Call authorities for safe burial/cremation (or change per local context). * Avoid attending funerals, and if you must attend, avoid touching the body or anyone else at the funeral by maintaining at least 1 meter (3 feet) distance (i.e., no hugging, kissing, bathing the body, or shaking hands). * Know what to expect when decontamination occurs.   Know what to do if someone recovers from Ebola.   * Understand that if health workers declare the person is well based on lab tests or lack of signs and symptoms, the survivor can no longer transmit Ebola virus to others. * The survivor may experience health complications even though they no longer have Ebola. * Know that there is a process of decontamination even if a person lives.   Know what stigma is and how to minimize it for Ebola survivors. |

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|  | 1. Game: Memory |

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|  | 2. Attendance and Troubleshooting |

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| 3. Story: Mama Ruth Survives Ebola  (Picture Box 8.1) |

After 3 weeks in the Ebola Treatment Unit (ETU), Mama Ruth is being discharged. The test for Ebola showed no more virus in her blood two times. She is weak, but very happy to be alive. Her belongings were destroyed during decontamination at the ETU. People in town call her Mama Ebola as she walks home and they stay far away. Even her own children will not hug her and have moved in with other families. Mama Ruth sometimes thinks it would be better if she had died.

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|  | 4. Ask about Current Practices |

* What happened to Mama Ruth?
* How do you think Mama Ruth feels?
* Why do you think people treated Mama Ruth this way?
* Have you seen this happen in your community (related to Ebola or anything else)?
* How should have the people responded to her? Why?

## Mama Ruth Survives Ebola (Picture Box 8.1)

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| After three weeks in the Ebola Treatment Unit (ETU), Mama Ruth is being discharged. The test for Ebola showed no more virus in her blood two times. | She is weak, but very happy to be alive. Her belongings were destroyed during decontamination at the ETU. |
| People in town call her Mama Ebola as she walks home and they stay far away. Even her own children will not hug her and have moved in with other families. | Mama Ruth sometimes thinks it would be better if she had died. |

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|  | 5. Share the Meaning of Picture Box 8.2: What to Do if Someone Dies from Ebola |

* What do you think these pictures mean?

**If you know someone has died, call authorities for safe burial/cremations. Avoid funeral or burial rituals that require handling the body (in any way) of someone who has died from Ebola.**

* Make sure you call the authorities for anyone who has died. You should treat all deaths as Ebola deaths if there is an Ebola epidemic in your area.
* The body of someone who had Ebola will be very contagious.
* Do not wash, kiss or handle the body; practice “safe mourning”. You should not attend a funeral or burial. But if you must, keep at least 1 meter (3 feet) from others at the funeral and/or burial.
* No touching: do not kiss, hug, or shake hands during mourning.
* Be compassionate towards grieving families, but come up with alternate ways to say goodbye to the person that has died and to comfort the family without spreading the disease, which can lead to more deaths.
* Remember: Funerals are one main way that this disease has spread in other countries.

**Remember that a burial team will decontaminate with a bleach spray or dispose of the sick person’s personal effects after a death.**

* The person’s bedding and other personal items which have come into contact with their sweat, blood, urine, poop, and other bodily fluids will be removed and burned by the burial team.
* Contaminated areas that cannot be removed (e.g., floor, nearby walls, surfaces) will be sprayed with a 10% bleach solution by the burial teams.
* What plans have you made to honor loved ones who have died from Ebola while still protecting yourself?
* Have any of you been able to put these plans into action?
* What does it mean to decontaminate an area? Why is this important?

## What to Do if Someone Dies from Ebola (Picture Box 8.2)

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| DSCF8123 | DSCF7824 (2) |
| **If you know someone has died, call authorities for safe burial/cremations. Avoid funeral or burial rituals that require handling the body (in any way) of someone who has died from Ebola.** | |
| DSCF7839*DSCF7817* | |
| **Remember that a burial team will decontaminate with a bleach spray or dispose of the sick person’s personal effects after a death.** | |

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|  | 6. Share the Meaning of Picture Box 8.3: What to Do if Someone Lives through Ebola |

* What do you think these pictures mean?

**A person is not infectious after declared well by a health professional and they have not had any signs or symptoms for 7 days or more.**

* They cannot transmit the disease through casual contact like shaking hands.
* It is still good to avoid contact with other people’s bodily fluids all the time.
* After a person has recovered from Ebola, they may experience complications from having the disease, but that does not mean they have Ebola again.

**Remember that decontamination with a bleach spray or disposal of the sick person’s personal effects will happen at the ETU when they are declared well.**

* A person coming from the ETU will go through the proper decontamination before being discharged.
* The person’s bedding and personal items, which will have come into contact with their sweat and other bodily fluids, will be burned. They may be given new clothing when they leave the ETU. (Check if this is true in your context).
* If a person was cared for at home before going to the ETU, the team taking the person should have already decontaminated the home the same way as the burial team does.

**Men and women should practice sexual abstinence for at least 3 months after recovering from Ebola or always properly use a condom.**

* Ebola is carried in the semen for up to 3 months.
* Since condoms sometimes tear or spill, it is much safer to be abstinent during this 3-month period.
* Why is decontamination important even if the person lives?
* How can you explain why someone recovering from Ebola should practice abstinence or use a condom?

## What to Do if Someone Lives through Ebola (Picture Box 8.3)

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| DSCF7844**A person is not infectious after declared well by a health professional and they have not had any signs or symptoms for 7 days or more.** |
| **Remember that decontamination with a bleach spray or disposal of the sick person’s personal effects will happen at the ETU when they are declared well.**DSCF7815 |
| DSCF7997**Men and women should practice sexual abstinence for at least three months after recovering from Ebola, or always properly use a condom.** |

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|  | 7. Share the Meaning of Picture Box 8.4: Ebola and Stigma |

* What do you think these pictures mean?

**Avoid stigmatizing survivors. People that have survived cannot transmit Ebola to you.**

* As far as we know, people that survive Ebola cannot get the disease again for at least ten years.
* They can also be heroes in their community by helping others who have the disease.
* It is important for a person to continue to follow good Ebola prevention measures even when he or she is declared well. The survivor can be an example to his or her community. Good Ebola prevention measures include washing hands with soap, not touching, avoiding funerals, etc.

**Children that were around people with Ebola and do not have fever can be taken in by others.**

* Children who are taken in should have their temperature taken regularly to assure that they do not have a fever. They should also be watched for other signs or symptoms of Ebola. Usually a Contact Tracer will check the temperature of these children twice a day for 21 days. (Check your context and find out whether Contact Tracers are doing this, or if there is another system in place. If there is no system, advise the CGV to get a thermometer and check temperatures twice a day, being sure to clean the thermometer with alcohol between each reading and to wash their hands with soap.)
* If a child has signs or symptoms of Ebola, follow the same advice as for adults, and get them to an Ebola Treatment Unit as soon as possible.
* Remember: Those without signs or symptoms are ***not*** infectious.
* What does stigma mean?
* When and where do you see stigma around Ebola in your community?
* How can you help care for children whose parents have died from Ebola and stay safe at the same time?

## Ebola and Stigma (Picture Box 8.4)

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| *DSCF7717* | **DSCF7910 (2)** |
| **Avoid stigmatizing survivors. People who have survived cannot transmit Ebola to you.** | |
| **DSCF7669 (2)** | *DSCF7671 (2)* |
| **Children that were around people with Ebola and do not have fever can be taken in by others.** | |

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|  | 8. Activity: Stigma and Ebola |

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|  | 9. Discuss Barriers |

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|  | 10. Practice and Coaching |

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|  | 11. Request Commitments |

# **Lesson 9: Community Support for Ebola Virus Disease Orphans, Survivors, and Affected Family Members**

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|  | * Understand you role in empowering their community as a whole, to care for Ebola virus disease (EVD) orphans, survivors, and affected family members and be able to state four ways they can do this. * Understand the needs of recently-orphaned children’s emotional and physical needs for shelter, protection, nutrition, and medical care and will be able to state three practical ways to help them cope. * Be able to state four ways they can support families who are caring for a family member with Ebola or that have a survivor returning home. * Be able to state four actions to help support pregnant and lactating women during an Ebola epidemic. |

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|  | 1. Game: Rainstorm |

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|  | 2. Attendance and Troubleshooting |

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| 3. Story: Precious Is Taken In by a Neighbor  (Picture Box 9.1) |

Precious is a 7-year-old girl who lives in in a community not far from here. She watched as her mother and father were taken away by men and women dressed in Ebola suits. That was the last time she saw them as they both died at the ETU. Thankfully, Precious has a best friend, Grace, whose mom learned about Ebola from her CGV. She knew Precious was not contagious and that it was okay for her to come live with them while they continued to look for her family members. Precious had no fever, was not vomiting, and had no diarrhea. Grace’s mother also took Precious’s temperature twice a day for 21 days. Grace’s mother treated Precious like she was one of her own children. She talked to Precious and Grace about Ebola and how it killed her parents. Grace’s family loves Precious and encouraged her to talk about her parents, and to tell stories about the good things that her parents did while they were still alive. They also talked about how important it is to stay healthy by washing hands with soap, eating right, etc.

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|  | 4. Ask about Current Practices |

* What did Grace’s family do for Precious?
* What would you do if you were Grace’s mom?
* Why did Grace have Precious talk about the good things that her parents did?
* Do you have children like Precious in your community? What can you do for children like Precious?

## Precious is Taken in By a Neighbor (Picture Box 9.1)

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|  | **Precious is a 7 year old girl who lives in in a community not far from here. She watched as her mother and father were taken away by men and women dressed in Ebola suits. That was the last time she saw them as they both died at the ETU.** |
|  | **Precious went to live with her friend Grace. Grace’s mom knew Precious was not contagious. Grace’s mother treated Precious like she was one of her own children. She talked to Precious and Grace about Ebola and how it killed her parents. Grace’s family loves Precious and encouraged her to talk about her parents, and to tell stories about the good things that her parents did while they were still alive.** |
|  | **Grace’s mother also took Precious’s temperature twice a day for 21 days. They also talked about how important it is to stay healthy by washing hands with soap, eating right, etc.** |

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|  | 5. Share the Meaning of Picture Box 9.2: Helping Children Cope when  Someone They Love Dies |

* What do you think these pictures means?

**Children grieve when someone they love has died.**

Here are some ways you can help a young child who is grieving:

* Answer honestly: tell the child the truth about how the parent or relative died. It is not helpful to tell a confusing story.
* Help children to express their feelings and thoughts.
* Allow children to express their sadness.
* Encourage the child to find meaning in their family members’ lives by telling stories about (or drawing pictures about) the good things that their deceased family members did while they were alive. Help children to find happy and meaningful memories, as well.

**Children who have recently lost a parent or both parents need emotional support to help them move through the grieving process.**

* Teachers and religious leaders can be good mentors and be mobilized for psychological support.
* You can help raise community awareness about EVD orphans and encourage your community to love and accept these children.

**Children have physical needs that need to be cared for. Orphaned children are at risk of poor health if no one is there to care for them.**

* Children need good nutrition and medical care to remain healthy. (Vaccinations, good nutrition, medical care, sleeping under an insecticide-treated bednet, etc.).
* What have we learned already about the nutritional needs of children?
* What have we learned already about the medical care children need to remain healthy?
* Children who have been orphaned by EVD need to have their temperature monitored twice a day for 21 days. Cooperate with the health workers who are monitoring the child.

**Children also have social needs. EVD orphans need to interact with other adults and children.**

* It is safe for a child orphaned by EVD to play with other children or adults. Remember, just because their parents died from the disease, it does not mean that they too are infected. If they are not sick, they are not going to make anyone else sick.
* Encourage activities outside of school (sports, art) with other children, such as playing games or doing chores together.
* Spend time with orphans and help them cope with various daily chores such as gathering water and preparing meals.
* Forming support and play groups for orphans can help them.
* If the child’s family was religious, invite a religious leader or group to help.
* Encourage community or religious groups to participate in activities that support orphaned children (e.g., soccer teams).

**Select a village volunteer who is responsible for contacting missing parents/family members.**

* Find out what organizations are working in your area to find good homes for orphaned children.
* Unaccompanied or separated children should be registered or documented to start tracing and reunification with the child’s family. However, it is important to ensure that this process does not undermine existing care arrangements or raise false expectations about care and support. Encourage families to take in orphans from their extended family. This is also true for the elderly and disabled, as well.

## Helping Children Cope when Someone They Love Dies (Picture Box 9.2)

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| *DSCF7663*  **Children grieve when someone they love has died.** | *DSCF7684 (2)*  **Children who have recently lost a parent or both parents need emotional support to help them move through the grieving process.** |
| *DSCF7755 (2)*  **Children have physical needs which need to be cared for. Orphaned children are at risk of poor health if no one is there to care for them.** | *DSCF7751*  **Children also have social needs. EVD orphans need to interact with other adults and children.** |
| *DSCF7747***Select a village volunteer who is responsible for contacting missing parents/family members.** | |

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|  | 6. Share the Meaning of Picture Box 9.3: How to HelpEbola  Survivors and Their Families |

* **What do you think these pictures means?**

**You can hug and touch EVD survivors without worrying about getting the disease. Once they are declared cured and released from the ETU, the person is not infectious.**

**There are practical ways that you can help families affected by Ebola. For example, you can:**

* Assure that survivors eat nutritious meals
* Help survivors with chores and child care
* Give survivors things that they lost when they were sick (e.g., that were contaminated), like clothing or bedding
* Work together in the community and with village/religious leaders, teachers, and others to support survivors and each other during difficult times

Remember: Children, the elderly and the disabled will feel stronger and get better faster when they are loved and cared for by their communities

* Engage mothers in conversation to help them think about ways to help EVD survivors

**Ebola survivors and their family members (including Ebola orphans) are most at risk. There are other vulnerable people during an Ebola epidemic, as well: pregnant and lactating women, the elderly and disabled, and anyone else who normally needs extra care.**

## How to Help Ebola Survivors and Their Families (Picture Box 9.3)

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| DSCF7717DSCF7720 |
| You can hug and touch EVD survivors without worrying about getting the disease. Once they are declared cured and released from the ETU, the person is not infectious. |
| DSCF7918DSCF7764 |
| There are practical ways that you can help families affected by Ebola. |
| DSCF8048DSCF7949 (2)DSCF8007 |
| Ebola survivors and their family members (including Ebola orphans) are most at risk. There are other vulnerable people during an Ebola epidemic, as well: Pregnant and lactating women, the elderly and disabled, and anyone else who normally needs extra care. |

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|  | 7. Share the Meaning of Picture Box 9.4: Caring for Healthy Pregnant and Lactating Women during an Ebola Outbreak |

* **What do you think these pictures mean?**
* Pregnant women should NOT care for any sick family members and should instead have other family members do so for her. When family members have signs or symptoms of Ebola, call the hotline. If her husband or other children get sick, she needs to find someone else to care for them.
* Transportation needs to be provided that does not place pregnant women at risk for transmission of Ebola. Community members need to develop a plan for transportation to a health care facility for delivery that does not put pregnant women at risk for infection. When a community plan has not been developed, every family needs to have a plan.
* Pregnant women need to avoid crowds and public transportation, and send others to get supplies, food, etc. Pregnant women need to use the same preventive measures against Ebola like hand washing and not touching other people, but be even more vigilant.
* A lactating woman should seek help promptly if she develops signs or symptoms of Ebola and have been in close contact with a sick patient or a person deceased with Ebola. Only when a trained health worker has determined that a mother may have EVD should breastfeeding be stopped and available options discussed.
* If a lactating mother gets Ebola, and she and her infant survive Ebola, she should be encouraged to resume breastfeeding as soon as she is discharged from the ETU (declared free of the virus).

## Caring for Healthy Pregnant and Lactating Women during an Ebola Outbreak (Picture Box 9.4)

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| *DSCF8076* | *DSCF8078* |
| Pregnant women should NOT care for any sick family members and should instead have other family members do so for her. | |
| *DSCF8053*  **Transportation needs to be provided that does not place pregnant women at risk for transmission of Ebola.** | *DSCF8154*  **Pregnant women need to avoid crowds and public transport; send others to get supplies, food, etc. Pregnant women need to use the same preventive measures against Ebola like hand washing and not touching, but be more vigilant.** |
| *DSCF8038* | *DSCF7946* |
| **A lactating woman should seek help promptly if she develops signs or symptoms of Ebola and have been in close contact with a sick patient or a person deceased with Ebola.** | |

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|  | 8. Share the Meaning of Picture Box 9.5: Other Important Advice during  Pregnancy and Lactation |

* **What do you think these pictures mean?**
* Pregnant women need continue to take iron pills.
* All pregnant women need to continue to attend antenatal care services at a safe clinic that provides comprehensive services.
* Good nutrition is important for pregnant women and includes: consuming a diverse diet of fruits, vegetables, proteins, starches, and fats and eating an extra snack each day.
* Pregnant women need to rest during the day.
* Lactating mothers need to be encouraged and supported to continue to breastfeed their infants because breast milk is the best nutrition for babies.
* Lactating mothers need rest, and good nutrition and extra daily snacks to maintain their breast milk supply.

## Other Important Advice during Pregnancy and Lactation (Picture Box 9.5)

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| DSC06861  **Pregnant women need continue to take iron pills.** | *DSCF8063*  **All pregnant women need to continue to attend antenatal care services at a safe clinic that provides comprehensive services.** |
| **Good nutrition is important for pregnant women and includes: consuming a diverse diet of fruits, vegetables, proteins, starches and fats; and eating an extra snack each day.** | *DSCF8045*  **Pregnant women need to rest during the day.** |
| *DSCF7946*  **Lactating mothers need to be encouraged and supported to continue to breastfeed their infants because breast milk is the best nutrition for babies.** | *DSCF8040*  **Lactating mothers need rest, and good nutrition and extra daily snacks to maintain their breast milk supply.** |

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|  | 9. Activity: Welcoming Survivors Song |

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|  | 10. Discuss Barriers |

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|  | 11. Practice and Coaching |

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|  | 12. Request Commitments |

1. Paid staff are called Promoters. The role of the Promoters is to train CGVs to facilitate lessons with their neighbors. [↑](#footnote-ref-1)