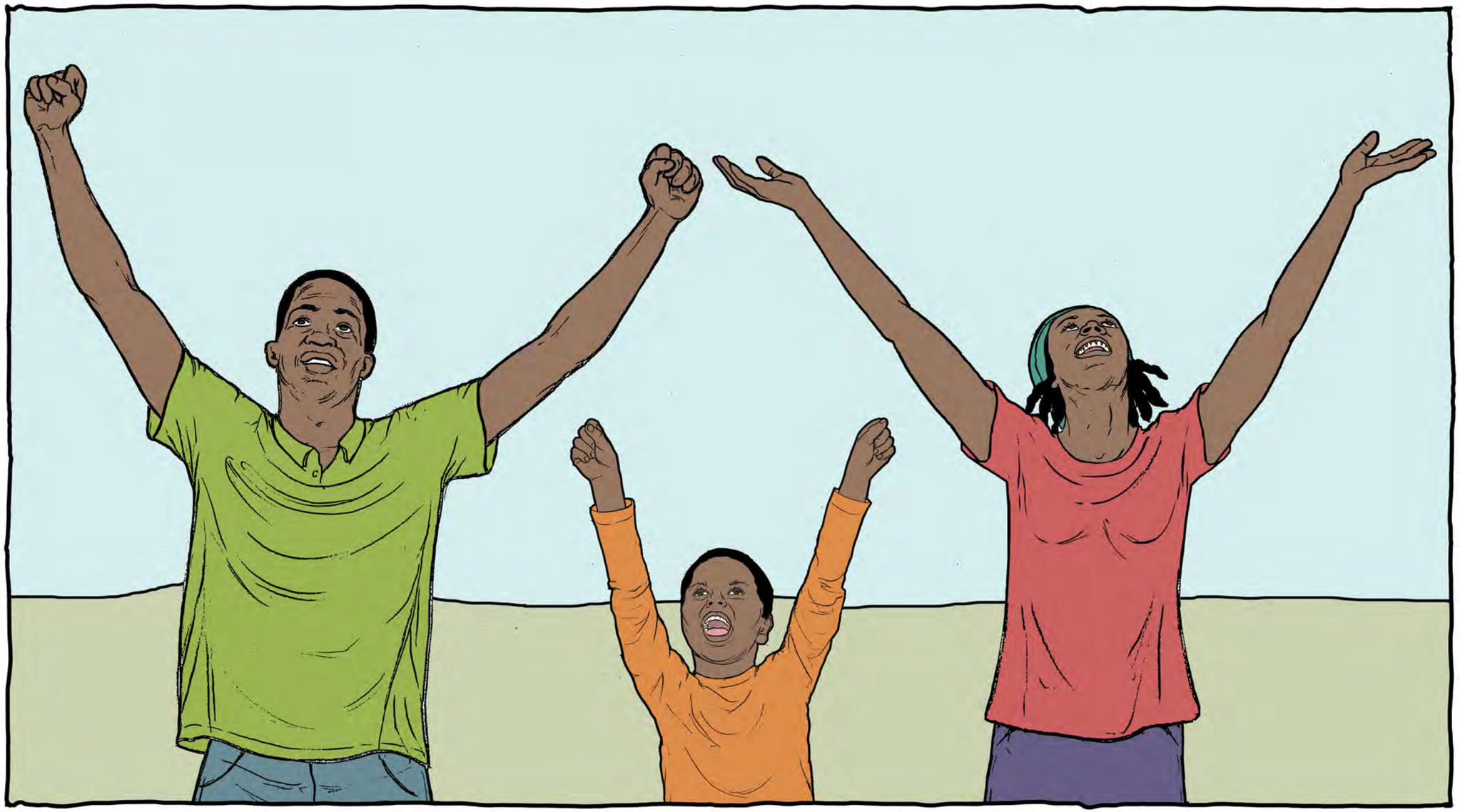
You've survived Ebola! What's next?



CS255720-D
July 30, 2015

CS255720-D
July 30, 2015

You've survived Ebola! What's next?

- Hello. My name is <name> and I am from <place/ organization>. It is an honor to meet you.
- I would like to ask permission:
  - to talk to you about your experience with Ebola,
  - to share some information with you about what to expect over the next few months,
  - answer any questions you may have, and
  - encourage you to help other people in your community overcome Ebola.

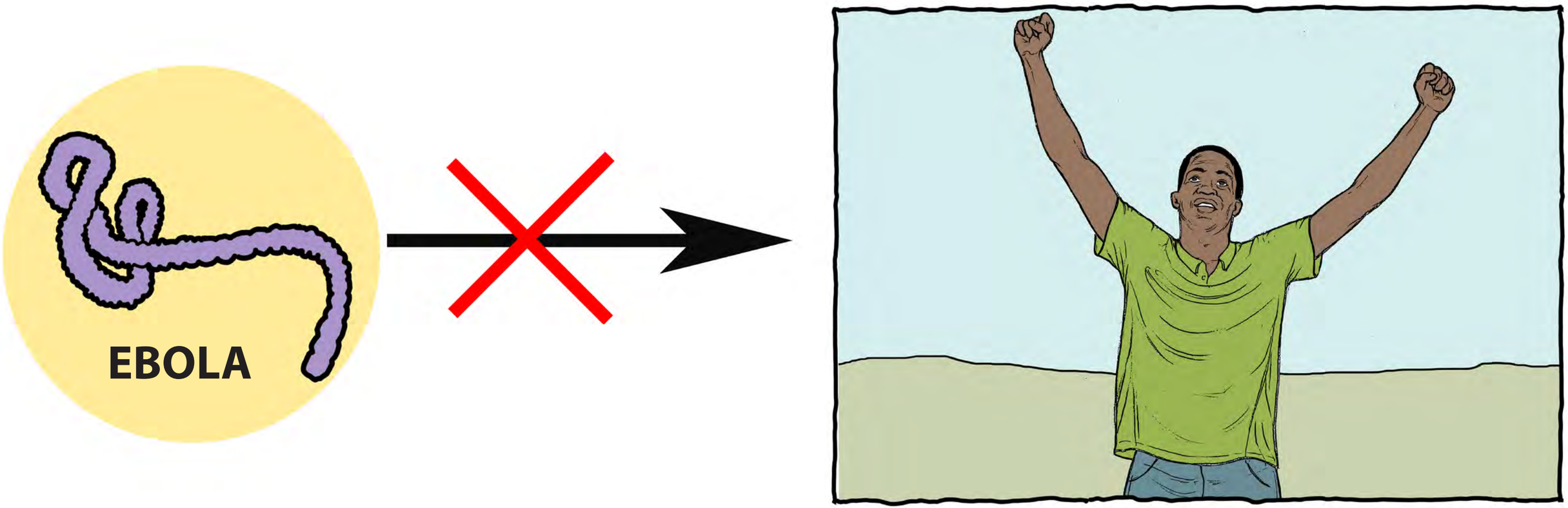
CS255720-D
July 30, 2015

CS255720-D
July 30, 2015

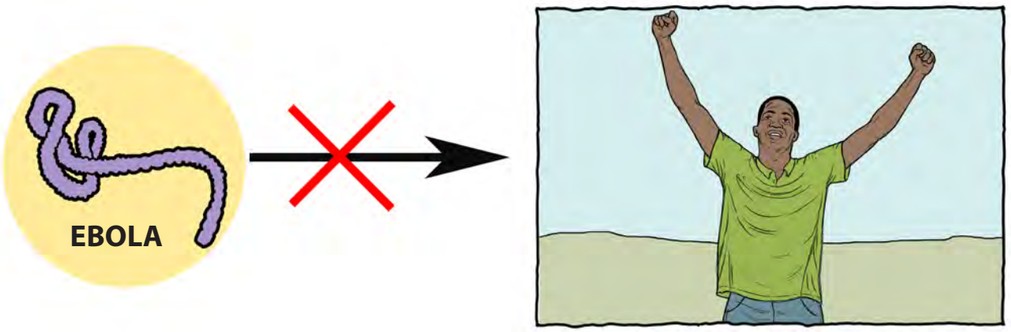
What does being an Ebola survivor mean?

- Being a survivor means that you cannot get the same type of Ebola for at least 10 years after you recover.
- After you recover from Ebola, it is safe for others to be around you. You can hug, kiss, and shake hands with others safely.
- Even after recovery, Ebola might be found in some body fluids, including semen. It is possible that Ebola could be spread through sex or other contact with semen from men who have had Ebola.

CS255720-D
July 30, 2015



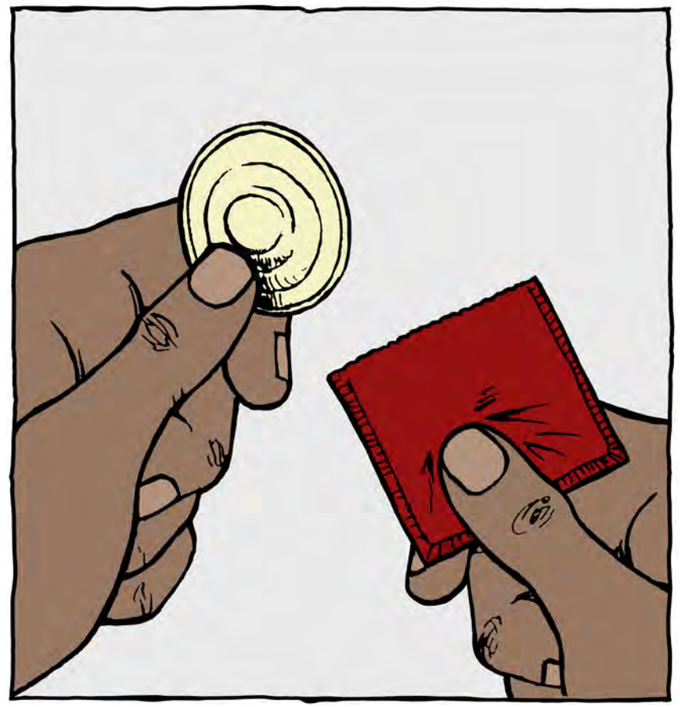
CS255720-D
July 30, 2015



Can I catch Ebola again?

- You cannot get the same type of Ebola for at least 10 years after you recover.

When can I safely have sex again? When can I safely breastfeed? 4



CS255720-D
July 30, 2015

When can I safely have sex again? When can I safely breastfeed?

- Even after recovery, Ebola might be found in some body fluids, including semen. Men, it is possible that you could spread Ebola through sex or other contact with your semen.
  - The only way to know if Ebola is gone from the semen is through semen testing. There are efforts to make semen testing available to male Ebola survivors.
  - Avoiding sex can reduce exposure to semen.
  - Using male or female condoms, from start to finish, during any type of sexual activity (vaginal, anal, oral, or manual), can reduce exposure to semen and help protect against sexually transmitted infections.
- Ebola can stay in breast milk even after you feel better. If you have survived Ebola, it is best not to breastfeed IF you have other safe ways to feed your baby. But if there is no other way to feed your baby safely, breastfeeding will still provide the nutrition your baby needs.

CS255720-D
July 30, 2015

CS255720-D
July 30, 2015

How are you feeling?

- How long has it been since you recovered from Ebola (left the treatment unit)?
- If you feel comfortable, could you share some of your story with me?
  - You've been through a lot and you worked hard to survive.
  - It is normal for people who have recovered from something like Ebola to feel confused, sad, angry, as well as happy.
  - It can be confusing and overwhelming.
  - Sometimes people don't feel anything at all for a while.
  - All this is normal and expected.

CS255720-D
July 30, 2015

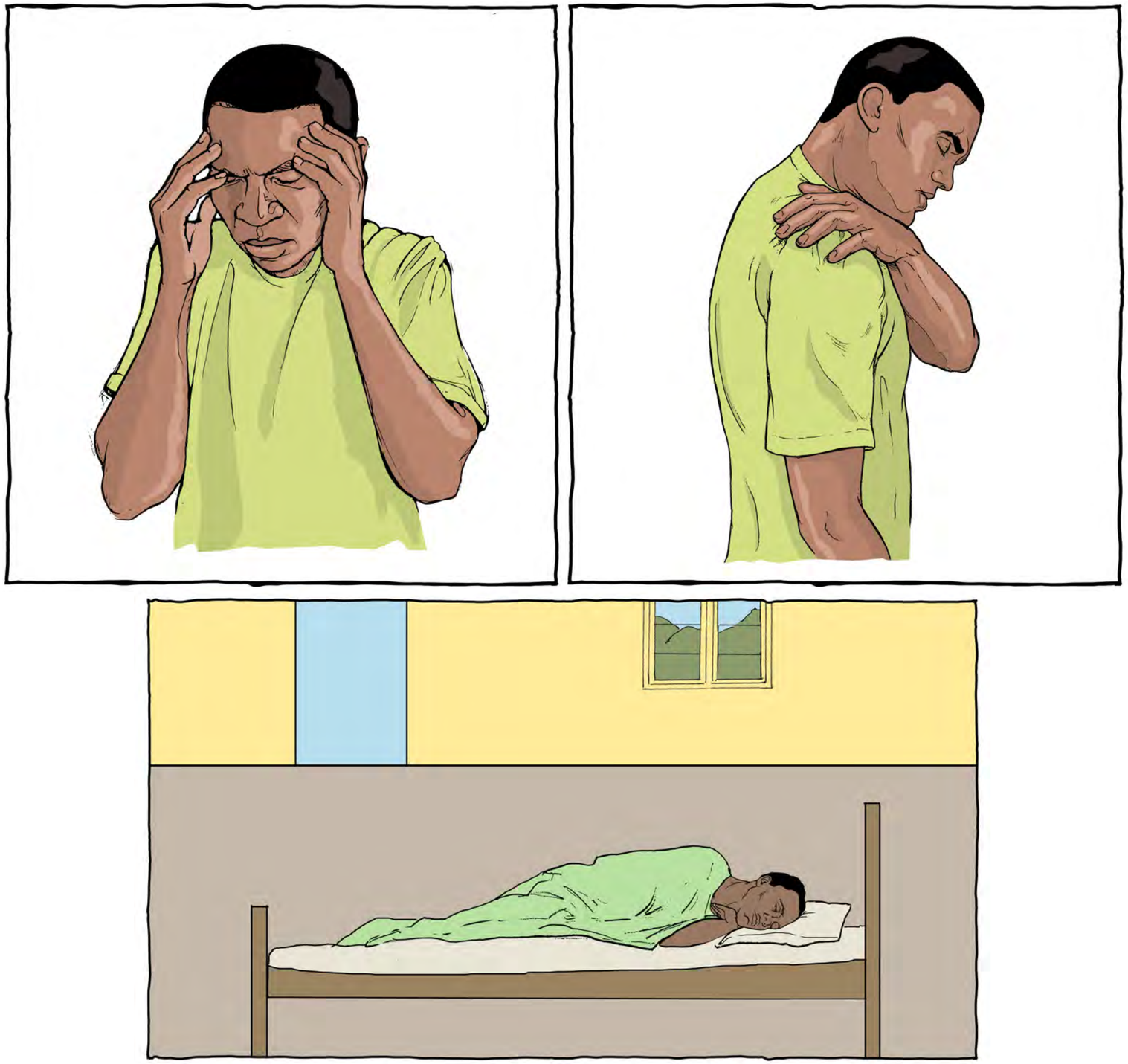
When will my body feel normal again?

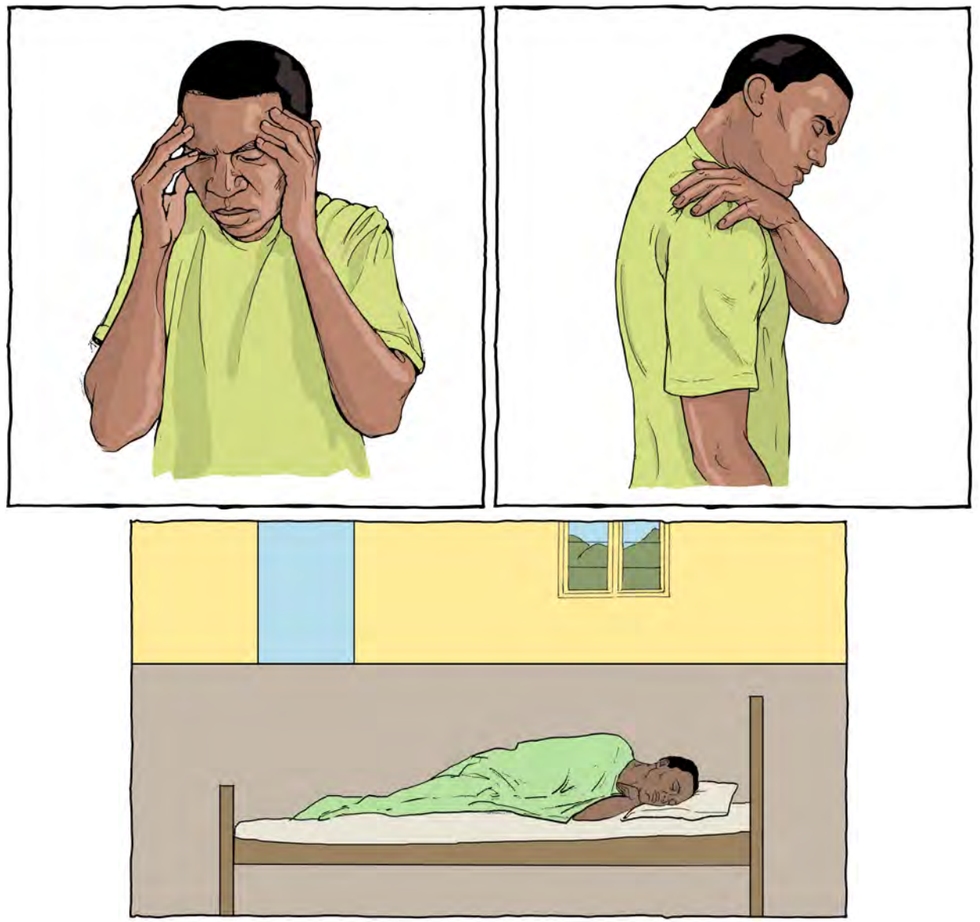
CS255720-D
July 30, 2015

When will my body feel normal again?

- It will take months to regain your strength.
- Be patient with your body.
- Expect to get tired easily.

CS255720-D
July 30, 2015





When will my body feel normal again?

For the next several months, you may feel

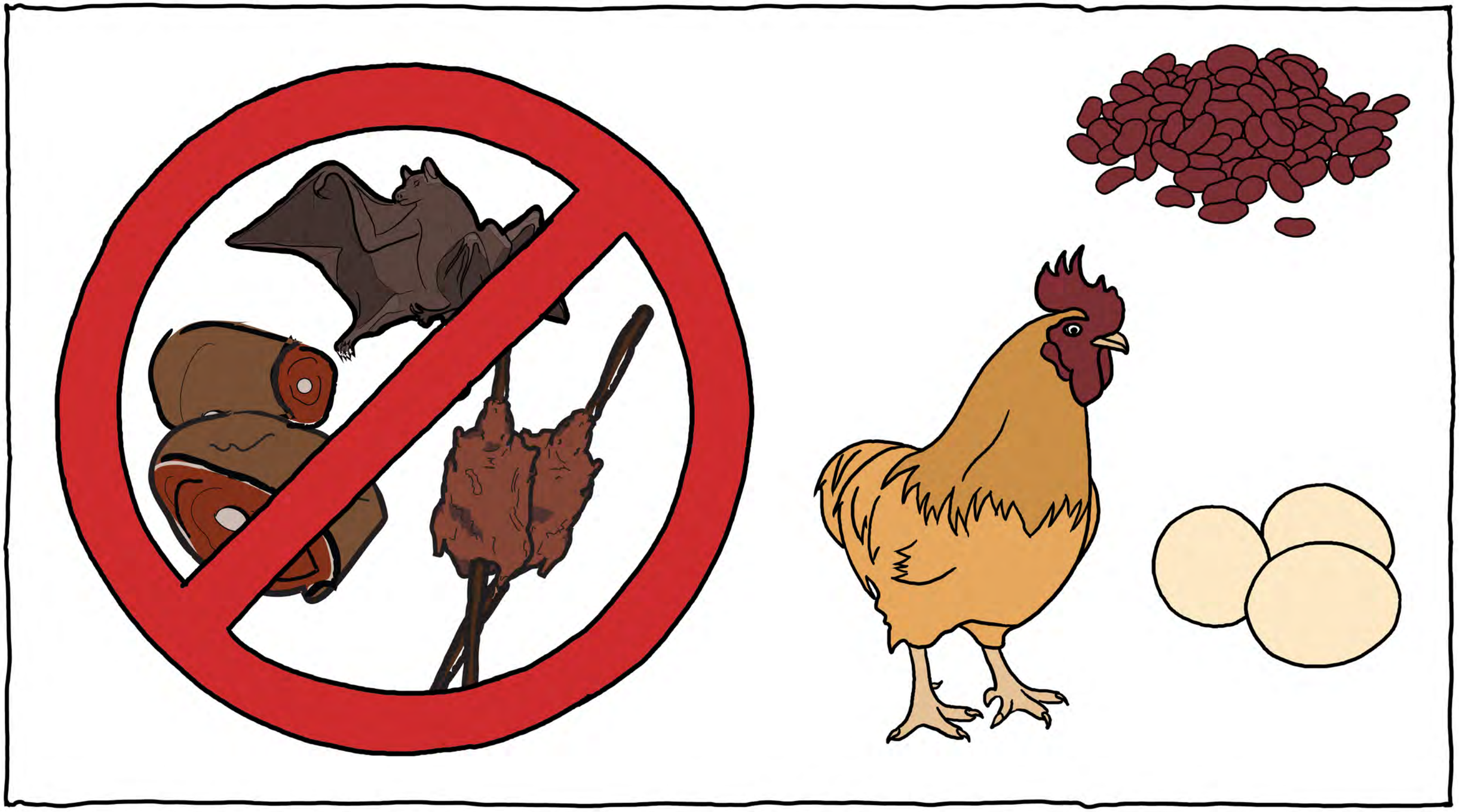
- Headaches
- Blurred vision
- Muscle aches
- Joint pain
- Sleeplessness

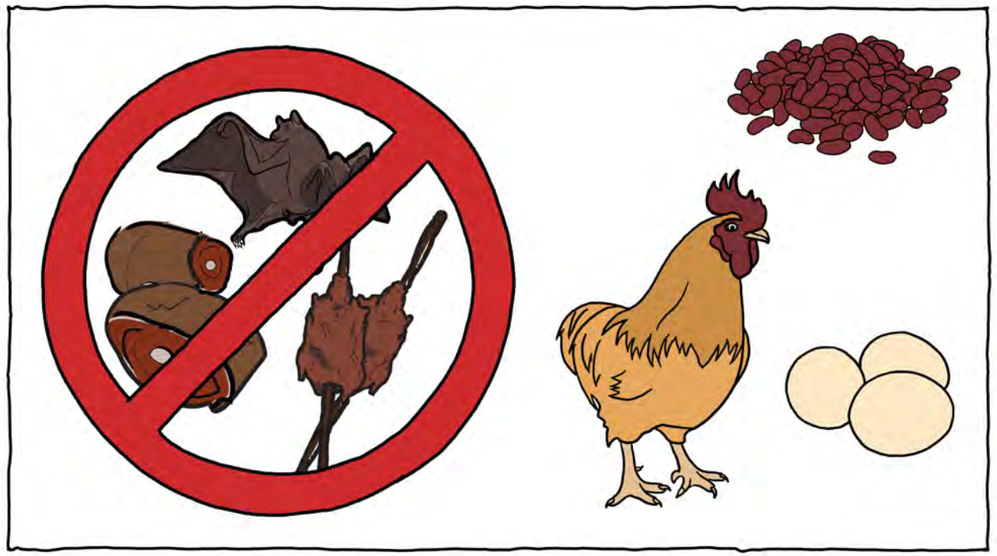
CS255720-D
July 30, 2015

Will having had Ebola affect more than just my body?

- As a survivor, you and your family may feel stress and strong emotions for a long time.
- It is normal for people to feel grateful to have survived Ebola, but also worried, scared, or guilty. Any emotions you are experiencing are normal.
- Now that you've survived Ebola, your next job is to deal with your feelings and emotions.
- Here are local resources that can help you, your family, and community cope with the fears and difficulties that come from your return home. [Give information on local resources here.]
- Educate yourself about Ebola so you can help to educate others.

CS255720-D
July 30, 2015





How can I help my body recover?

- Get plenty of rest.
- Drink plenty of water and other fluids.
- Proper nutrition can help you recover.
  - DO NOT EAT BUSHMEAT. Bushmeat can spread many diseases, not just Ebola.
  - Eat foods with protein - like beans, eggs, fish, chicken, and cow meat.
  - Protein is an important ingredient that makes our body strong and helps it function properly.
- Don't drink too much alcohol.
- Don't take drugs except to prevent or treat another illness.
- Don't smoke.
- Avoid sick people.
- Use mosquito nets to avoid malaria.
- Use condoms to reduce the risk of spreading or getting disease.

CS255720-D
July 30, 2015

What are some ways you can cope with challenges?

CS255720-D
July 30, 2015

What are some ways you can cope with challenges?

Sometimes, after experiencing a frightening experience, people have strong and long-lasting stress reactions.

Some tips for beginning to feel better:

- Get enough rest, eat, and exercise.
- Practice deep breathing.
- Practice staying in the present – think of today.
- Do things you love.
- Talk and spend time with family and friends.
- Find safe ways to help others with Ebola, and get involved in community activities.
- If religion is important to you, pray.

CS255720-D
July 30, 2015

Can my supplies be replaced so I can get on with my life?

CS255720-D
July 30, 2015

Can my supplies be replaced so I can get on with my life?

- We will give you a package of supplies (discharge package).
- We also want to tell you about some physical and mental challenges and help you think through ways you can cope.

What is in the package of supplies?

CS255720-D
July 30, 2015

What is in the package of supplies?

Packages may include the following:

- Foam mattress
- Bed lining (bedsheet)
- Blanket
- Bathroom towel
- Pillow
- 5 gallon water rubber
- Serving spoons, stainless steel
- Plastic serving plate
- Table spoon, stainless steel
- Kitchen knife
- Plastic cup with handle
- Plastic bowl
- Cooking pot
- Laundry soap
- Medicated bath soap
- Toothbrush
- Toothpaste
- Water bucket
- Mosquito net
- Discharge outfit and under garments
- Plastic flip flops (assorted sizes)
- Cash for other basic needs
- Sanitary pads
- Condoms

CS255720-D
July 30, 2015

What do you expect when you go back home to your community?

CS255720-D
July 30, 2015

How do you see going back home, to the community?
How do you think that is going to be?

- Are there things that make you scared about going back?
- What could you do to overcome these challenges?
- Who could help you back home in overcoming these challenges?
- Who can support you when you are back in the community?
- How else could you be helped in overcoming these challenges?

CS255720-D
July 30, 2015

Will I face stigma or discrimination?

CS255720-D
July 30, 2015

Will I face stigma or discrimination?

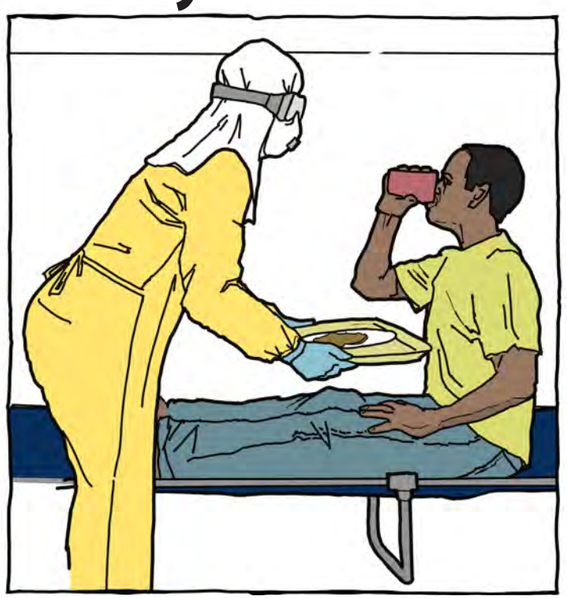
- If you feel alone or afraid, if you are bullied, or if your neighbors leave you out or avoid you, contact your local psychosocial support counselor to talk about you feelings.
- Counselors can help you rejoin your community, and can help your community learn about surviving Ebola so they are not afraid.
- Counselors will explain to village chiefs, religious leaders, and community members why you cannot spread Ebola.

CS255720-D
July 30, 2015

Use ORS

Isolate the patient

Get early care for Ebola



Call 117

CS255720-D
July 30, 2015

Use ORS

Isolate the patient

Get early care for Ebola

Call 117

How can you help others fight Ebola?

- As soon as possible and throughout being sick, drink lots of fluids. Use Oral Rehydration Solution (ORS) if available.
- Avoid body contact, especially with dead bodies and people who are sick.
- Wash hands with soap or mild chlorine water.
- Don't touch someone who has died.
  Call 117. Ask for a safe medical burial that is dignified.
- Call 117 for someone who is sick. Getting treatment early will increase his or her chances to survive.
- Male survivors, protect your partner by using condoms from start to finish every time you have sex.

CS255720-D
July 30, 2015

What will you do next?

- You can use positive ways to cope.
- Your story is your own.
- What are some ways that you can cope?
- What do you plan to do when you leave here?
- What do you plan to do when you return to your community?
- You can spread hope that a person can survive Ebola!

CS255720-D
July 30, 2015

General guidance for flipbook users

Learn

- Learn about the survivor, if possible. Find out if he or she has surviving family members, has lost loved ones, or has a place to go.
- Find out if a discharge kit or other supplies are available for the survivor and where he or she might get those.
- Find out what services are available for the survivor after discharge; for example, Is there a survivor support center in the area? Does he or she have someone to call to talk if needed? Make a list of contacts and local resources for survivor support.

Prepare

- Find a quiet place to talk with the survivor.
- Respect privacy; keep survivor's comments private.
- Stay near the survivor, but keep a respectful distance.

Listen

- Let him or her know you're listening by nodding your head, saying "Hmm," and repeating what you've heard him or her say.
- Be calm and patient.
- Allow for silence.

Support

- Mention the person's strengths; reinforce how he or she has helped himself or herself.