



GOVERNMENT OF SIERRA LEONE

Ministry of Health and Sanitation

Ministry of Agriculture and Forestry

Environment Protection Agency

Message Guide for Zoonotic Diseases

Version 1: March 2019

**Health Education Division
Directorate of Primary Health Care**

ACKNOWLEDGEMENTS

This document is the result of a collaborative effort under the One Health platform that was launched in June 2017 with the aim to strengthen multi-sector government coordination, collaboration, and communication for preparedness and response to public health threats. The development process was jointly led by the Ministry of Health and Sanitation Health Education Division and Breakthrough ACTION.

Multiple organizations and arms of government openly shared existing messages and materials, contributed technical expertise to discussions to identify essential behaviors and actions needed to close critical information gaps, and dedicated time and attention needed to ensure language and format most useful for Sierra Leone. In particular, we acknowledge contribution of the World Health Organization, Food and Agriculture Organization of the United Nations, UNICEF, Njala University, and the University of Makeni.

The Health Education Division of the Ministry of Health and Sanitation extends gratitude to all that responded time and again to requests for information, participation, creative thinking, and problem solving. Your commitment to collaborative coordinated action to prevent and respond to public health threats has the potential to make Sierra Leone a safer and healthier country.

This document is made possible by the generous support of the American people through the United States Agency for International Development (USAID) under the Breakthrough ACTION Cooperative Agreement #AID-OAA-A-17-00017. Breakthrough ACTION is based at the Johns Hopkins Center for Communication Programs (CCP). The contents of this report do not necessarily reflect the views of USAID, the United States Government, or the Johns Hopkins University.

FOREWORD

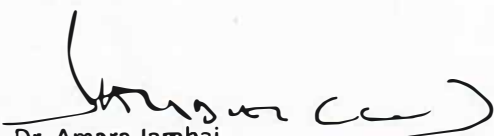
This Message Guide on Zoonotic Diseases marks a new beginning of risk communication on zoonotic diseases in Sierra Leone and the West African sub-region.

The 2014-2016 Ebola outbreak spotlighted the crucial roles coordination and communication among government sectors and partners played along with community engagement to address social and behavioral norms in bringing an end to the epidemic. Recognizing the benefits of that collaboration and aiming to strengthen it further, the One Health platform was launched in Sierra Leone in June 2017 with the support of the Office of National Security. The launch of the platform laid the initial bricks of a foundation for establishing and strengthening coordination, collaboration, and communication between the human, animal, and environmental health sectors and partners for better health outcomes. In November 2017, a workshop was held with the key sectors of the One Health platform—Ministry of Health and Sanitation, Ministry of Agriculture and Forestry, Environment Protection Agency and partners to determine Sierra Leone's Priority Zoonotic Diseases for developing preparedness and response.

This Message Guide on Zoonotic Diseases contributes to Sierra Leone's preparedness and response efforts by serving as a reference guide of validated messages to facilitate consistent communication across partners and inform the design of activities and materials to raise awareness, promote healthy behaviors, and mobilize communities to take action to prevent zoonotic diseases. Having credible communication developed prior to an emergency not only aids in strengthening prevention and preparedness among communities but also, in the event of an outbreak, allows the government to quickly adapt existing messages to address the situation before it spreads.

This Message Guide was developed, reviewed, and ratified by the One Health sectors and partners and is the property of the government of Sierra Leone through the Health Education Division in the Ministry of Health and Sanitation. It will be reviewed and updated as appropriate, based on available information on emerging zoonotic diseases in the country.

It is hoped that this Message Guide will be a useful document for developing social and behavior change communication to educate people on zoonotic diseases and engage communities around promoting healthy behaviors.



Dr. Amara Jambai
Chief Medical Officer
Ministry of Health and Sanitation

TABLE OF CONTENTS

ACKNOWLEDGEMENTS	II
FOREWORD	III
PART 1: ORIENTATION TO THIS GUIDE	1
BACKGROUND AND CONTEXT	1
Zoonotic Disease in Sierra Leone	1
Establishment of One Health Platform in Sierra Leone	2
PURPOSE OF THIS DOCUMENT AND ROLE OF MESSAGING IN PREPAREDNESS AND RESPONSE	3
Role of Messaging In Risk Communication for Preparedness and Response	3
Principles for Effective Messaging	4
HOW THIS DOCUMENT WAS DEVELOPED	5
Process and Sources	5
Limitations	6
Ongoing Update of this Document	6
HOW TO USE THIS DOCUMENT	6
Preparedness	7
Outbreaks and Public Health Emergencies	7
Organization and Layout of the Guide	8
Selection and Adaptation of Messages	8
REVIEW AND APPROVAL PROCESS FOR ALL MESSAGES AND MATERIALS	9
PART 2: CROSS-CUTTING MESSAGES	10
RATIONALE FOR CROSS-CUTTING MESSAGES	10
CROSS-CUTTING MESSAGES	10
Connection Between Animal Health and Human Health	10
Ways that Sickesses are Spread from Animals to People	11
How to Prevent the Spread of Sickness from Animals and People	11
<i>Protect Yourself and Others from Sick and Dead Animals</i>	<i>11</i>
<i>Dispose of Dead Animals Safely</i>	<i>12</i>
<i>Protect Yourself When Killing or Butchering an Animal</i>	<i>12</i>
<i>Take Good Care of Any Animal Bite or Scratch Immediately</i>	<i>13</i>
<i>Reduce Animals in Your House and Keep the House Clean</i>	<i>13</i>
<i>Wash Your Hands After Any Contact with an Animal</i>	<i>14</i>
<i>Store and Prepare Food and Water Safely</i>	<i>15</i>
<i>Keep Animal Areas Clean</i>	<i>17</i>
How to Protect Your Animals from Sicknesses	17
What to Do if Someone Gets Sick or Dies After Contact with an Animal	18
PART 3: DISEASE-SPECIFIC MESSAGES	20
VIRAL HEMORRHAGIC FEVERS	20
EBOLA - VIRAL HEMORRHAGIC FEVER	20
LASSA FEVER - VIRAL HEMORRHAGIC FEVER	21
About Lassa Fever	21
Signs and Symptoms of Lassa Fever in Rats	21
Signs and Symptoms of Lassa Fever in People	21
The Different Ways Lassa Fever is Spread	22
How to Protect Against Lassa Fever	22

<i>Protect Yourself and Others from Sick and Dead Rats</i>	<i>22</i>
<i>Dispose of Dead Rats Safely</i>	<i>23</i>
<i>Reduce Rats in Your House and Keep the House Clean</i>	<i>24</i>
<i>Wash Your Hands After Any Contact with a Rat</i>	<i>25</i>
<i>Store and Prepare Food and Water Safely</i>	<i>26</i>
What to Do if Someone Gets Sick or Dies After Contact with a Rat.....	26
<i>If You Have Recovered from Lassa Fever.....</i>	<i>27</i>
RIFT VALLEY FEVER - VIRAL HEMORRHAGIC FEVER.....	28
About Rift Valley Fever.....	28
Signs and Symptoms of Rift Valley Fever in Animals.....	28
Signs and Symptoms of Rift Valley Fever in People	28
The Different Ways Rift Valley Fever is Spread	29
How to Protect Against Rift Valley Fever	29
<i>Protect Yourself and Others From Sick and Dead Animals</i>	<i>30</i>
<i>Dispose of Dead Animals Safely</i>	<i>30</i>
<i>Protect Yourself When Killing or Butchering an Animal</i>	<i>31</i>
<i>Store and Prepare Food and Water Safely</i>	<i>32</i>
<i>Prevent Insect Bites</i>	<i>33</i>
How to Protect Your Animals from Rift Valley Fever	33
What to Do if Someone Gets Sick or Dies After Contact with an Animal.....	33
MARBURG - VIRAL HEMORRHAGIC FEVER	35
About Marburg.....	35
Signs and Symptoms of Marburg in Bats	35
Signs and Symptoms of Marburg in People	35
The Different Ways Marburg is Spread	36
How to Protect Against Marburg	36
<i>Protect Yourself and Others from Sick and Dead Bats</i>	<i>37</i>
<i>Dispose of Dead Bats Safely</i>	<i>38</i>
<i>Take Good Care of a Bat Bite or Scratch Immediately</i>	<i>39</i>
<i>Reduce Bats in Your House and Keep the House Clean</i>	<i>39</i>
<i>Wash Your Hands After Any Contact with a Bat</i>	<i>40</i>
<i>Store and Prepare Food and Water Safely</i>	<i>41</i>
What to Do if Someone Gets Sick or Dies After Contact with a Bat.....	42
RABIES	43
About Rabies	43
Signs and Symptoms of Rabies in Animals	43
Signs and Symptoms of Rabies in People	44
The Different Ways Rabies is Spread	44
How to Protect Against Rabies.....	45
<i>Preventing Animal Bites is the Best Way to Avoid Rabies.....</i>	<i>45</i>
<i>Protect Yourself and Others from Sick and Dead Animals.....</i>	<i>46</i>
<i>Dispose of Dead Animals Safely</i>	<i>47</i>
<i>Take Good Care of Any Animal Bite or Scratch Immediately.....</i>	<i>48</i>
How to Protect Your Animals from Rabies.....	49
What to Do if Someone Gets Sick or Dies After Contact with an Animal.....	49
BIRD FLU	51
About Bird Flu	51
Signs and Symptoms of Bird Flu in Animals	51
Signs and Symptoms of Bird Flu in People	51
The Different Ways Bird Flu is Spread.....	52
How to Protect Against Bird Flu	53

<i>Protect Yourself and Others from Sick and Dead Birds.....</i>	<i>53</i>
<i>Dispose of Dead Birds Safely</i>	<i>54</i>
<i>Protect Yourself When Killing or Butchering a Bird.....</i>	<i>54</i>
<i>Reduce Birds in Your House and Keep the House Clean</i>	<i>55</i>
<i>Wash Your Hands After Any Contact with Birds.....</i>	<i>56</i>
<i>Store and Prepare Food and Water Safely</i>	<i>57</i>
<i>Keep Bird Areas Clean</i>	<i>58</i>
How to Protect Your Birds from Bird Flu.....	59
What to Do if Someone Gets Sick or Dies After Contact with a Bird.....	60
PIG FLU	62
About Pig Flu	62
Signs and Symptoms of Pig Flu in Pigs.....	62
Signs and Symptoms of Pig Flu in People	62
The Different Ways Pig Flu is Spread	63
How to Protect Against Pig Flu.....	63
<i>Protect Yourself and Others from Sick and Dead Pigs.....</i>	<i>63</i>
<i>Dispose of Dead Pigs Safely.....</i>	<i>64</i>
<i>Protect Yourself When Killing or Butchering a Pig.....</i>	<i>65</i>
<i>Reduce Pigs in Your Home and Keep the House Clean</i>	<i>65</i>
<i>Wash Your Hands After Any Contact with a Pig.....</i>	<i>66</i>
<i>Store and Prepare Food and Water Safely</i>	<i>67</i>
<i>Keep Pig Areas Clean.....</i>	<i>68</i>
How to Protect Your Pigs from Pig Flu	69
What to Do if Someone Gets Sick or Dies After Contact with a Pig	70
ANTHRAX	71
About Anthrax.....	71
Signs and Symptoms of Anthrax in Animals	71
Signs and Symptoms of Anthrax in People.....	71
The Different Ways Anthrax is Spread	72
How to Protect Against Anthrax.....	73
<i>Protect Yourself and Others from Sick and Dead Animals.....</i>	<i>73</i>
<i>Dispose of Dead Animals Safely</i>	<i>73</i>
<i>Protect Yourself When Killing or Butchering an Animal</i>	<i>74</i>
<i>Wash Your Hands After Any Contact with an Animal.....</i>	<i>74</i>
<i>Store and Prepare Food and Water Safely</i>	<i>75</i>
What to Do if Someone Gets Sick or Dies After Contact with an Animal.....	76
PLAGUE.....	77
About Plague	77
Signs and Symptoms of Plague in Animals.....	77
Signs and Symptoms of Plague in People.....	77
The Different Ways Plague is Spread	78
How to Protect Against Plague.....	78
<i>Protect Yourself and Others from Sick and Dead Animals.....</i>	<i>78</i>
<i>Dispose of Dead Animals Safely</i>	<i>79</i>
<i>Reduce Animals in Your House and Keep the House Clean</i>	<i>80</i>
<i>Wash Your Hands After Any Contact with an Animal.....</i>	<i>81</i>
<i>Store and Prepare Food and Water Safely</i>	<i>82</i>
How to Protect Your Animals from Plague.....	82
What to Do if Someone Gets Sick or Dies After Contact with an Animal.....	83
SALMONELLA	84
About Salmonella	84

Signs and Symptoms of Salmonella in Animals	84
Signs and Symptoms of Salmonella in People	84
The Different Ways Salmonella is Spread	85
How to Protect Against Salmonella	85
<i>Protect Yourself and Others from Sick and Dead Animals</i>	85
<i>Dispose of Dead Animals Safely</i>	86
<i>Protect Yourself When Killing or Butchering an Animal</i>	87
<i>Reduce Animals in Your House and Keep the House Clean</i>	87
<i>Wash Your Hands After Any Contact with an Animal</i>	88
<i>Store and Prepare Food and Water Safely</i>	89
<i>Keep Animal Areas Clean</i>	90
How to Protect Your Animals from Salmonella	91
What to Do if Someone Gets Sick or Dies After Contact with an Animal	92
MONKEYPOX	94
About Monkeypox	94
Signs and Symptoms of Monkeypox in Animals	94
Signs and Symptoms of Monkeypox in People	94
The Different Ways Monkeypox is Spread	95
How to Protect Against Monkeypox	95
<i>Protect Yourself and Others from Sick and Dead Animals</i>	95
<i>Dispose of Dead Animals Safely</i>	96
<i>Take Good Care of Any Animal Bite or Scratch Immediately</i>	97
<i>Reduce Animals in Your House and Keep the House Clean</i>	97
<i>Wash Your Hands After Any Contact with an Animal</i>	98
<i>Store and Prepare Food and Water Safely</i>	99
What to Do if Someone Gets Sick or Dies After Contact with an Animal	100
PART 4: BOMBALI VIRUS	101
BOMBALI VIRUS	101
About Bombali Virus	101
PART 5: ADDITIONAL RESOURCES	102
HED Material Submission Form	102

PART 1: ORIENTATION TO THIS GUIDE

BACKGROUND AND CONTEXT

ZOONOTIC DISEASE IN SIERRA LEONE

Zoonotic diseases are diseases that are initially spread between animals and people and may have potential to then spread from person to person. Most known human infectious diseases, and about three out of every four new diseases originate from animals¹.

Many zoonotic diseases have the potential to spread quickly—throughout a country, from one country to its neighbors, or even around the globe—if strong, coordinated prevention and control mechanisms that incorporate community engagement processes are not in place. Zoonotic diseases outbreaks can threaten families, communities, and society as a whole by:

- Causing illness or death in animals that in turn causes a loss of livelihood for those that depend on animals for income or food.
- Causing illness and death of large numbers of people.
- Weakening of national economic stability through loss of education, productivity, tourism, and trade.²

Such impacts are clearly evidenced in the Ebola outbreak from 2014–2015, which spanned primarily across Liberia, Sierra Leone, and Guinea. In this epidemic:

- 28,639 suspected, probable, and confirmed cases of Ebola were reported. 11,316 people died, including 7% of Sierra Leone's health care workers.
- A further estimated 10,600 people died due to interruptions to the provisions of essential services for other serious diseases such as malaria, tuberculosis, and HIV. Routine preventive care for antenatal visits, facility deliveries, and childhood immunizations also suffered declines.
- The structure of families and communities was changed as a number of children were orphaned and schools closed for months.
- Reductions in private sector growth and agriculture production raised concerns around food security, and the restricted movement of goods and services across borders was estimated to have resulted in the loss of \$2.2 billion in the gross domestic product for the three countries.³

Billions of dollars to support the outbreak with diverse technical assistance, medical personnel, supplies, and essential infrastructure were contributed by countries around the world. Control of the outbreak, however, also required dedicated community engagement to support communities to make changes in their cultural and social practices for the rapid adoption of behaviors to stop transmission including but not limited to early isolation and safe burials, notification of the 117

¹ CDC: <https://www.cdc.gov/onehealth/basics/zoonotic-diseases.html>. Accessed July 15, 2018

² Emily G. et al. (2016). Prioritizing zoonotic diseases in Ethiopia using a one health approach. *One Health* 2 (2016) 131–135

³ CDC. <https://www.cdc.gov/vhf/ebola/history/2014-2016-outbreak/cost-of-ebola.html>. Accessed November 16, 2018

hotline, and implementation of community-based surveillance efforts. Although community engagement is a familiar concept for long-term development, the Ebola outbreak unequivocally demonstrated its importance for successful response activities and strengthening overall community resilience. This is a lesson that is essential to heed in the design and implementation of preparedness and response plans as well as those for overall health.

While not at the same scale or severity as the Ebola outbreak, Lassa fever and rabies are serious zoonotic diseases endemic in Sierra Leone that continue to cause loss of life and disruptions to the well-being of population. Sierra Leone has also experienced cases of Monkeypox transmitted by squirrels. There are furthermore zoonotic viruses of public health importance in country that are being observed carefully to assess their threat to the public. In July 2018, the government of Sierra Leone announced the discovery of Bombali virus, a new ebolavirus in insect-eating bats. It is not yet known whether the Bombali virus can cause diseases in humans; however, tests have shown the virus is capable of entering human cells. Rift Valley fever and Marburg were also recently discovered in country in goats and bats, respectively. As the capacity to detect known and potentially zoonotic diseases in animals continues to be strengthened, the list of diseases to be monitored is likely to grow longer.

Together, these factors have elevated the importance of research to understand the potential threats in Sierra Leone, vigilance to look for emergence of any new zoonotic infections, and establish tests for these diseases in humans. The prevention and control of zoonotic diseases remain a critical issue for Sierra Leone, and zoonotic diseases (known and potential) serve as a primary focal point for preparedness and response activities in the country.

ESTABLISHMENT OF ONE HEALTH PLATFORM IN SIERRA LEONE

Building off the multi-sectoral response to the Ebola outbreak in 2014-2015 and other recent events, the Government launched a National One Health Platform (NOHP) on June 23, 2017, to spearhead collaborative efforts amongst the government sectors to prevent, detect, and respond to existing zoonotic diseases and emerging pandemic threats.

The platform is grounded on the premise that the health of people is connected to the health of animals and the environment. A foundational activity for the platform was to bring together government representatives from Health, Agriculture, and the Environment sectors to collaboratively identify and rank the zoonotic diseases of greatest national concern, based on defined and weighted criteria (e.g., ability to spread from human to human, how severe a disease is)⁴. The following were identified as the priority zoonotic diseases for preparedness and response activities in the country:

- Viral Hemorrhagic Fevers (Ebola, Lassa fever)
- Rabies
- Zoonotic Influenzas (Avian [also known as Bird flu], Swine [also known as Pig flu])
- Salmonella
- Anthrax
- Plague

⁴ GOSL. Workshop Summary: One Health Zoonotic Disease Prioritization for Multi-Sectoral Engagement, Freetown Sierra Leone. 2017

Only a year after this list was drawn up, two more potential zoonoses have emerged with potential reservoirs in Sierra Leone.

Communicating about the risk of these priority zoonotic diseases as well as other recently relevant zoonotic diseases—with the public at large and engaging communities more specifically—is a critical component of preparedness and response.

This document aims to strengthen the foundation for improved coordination between One Health sectors and partners by providing a ready-for-use and approved message guide resource to inform risk communication activities for zoonotic diseases across the continuum of preparedness and response.

PURPOSE OF THIS DOCUMENT AND ROLE OF MESSAGING IN PREPAREDNESS AND RESPONSE

The purpose of this document is to provide a reference guide of accurate, standardized, basic health information in simple language and key message format relevant to the prevention and management of zoonotic diseases. It aims to:

- Facilitate coordination across sectors to ensure effective, consistent, and credible communication across numerous sources and channels.
- Inform activities and materials designed to raise awareness, promote healthy behaviors, and mobilize communities to take action to prevent zoonotic diseases.
- Provide a foundation of information to which more detailed and specific information can be added in the event of an outbreak and throughout the response and recovery phases.

The primary intended audience of this **document** includes ministries, departments, agencies, and supporting partners designing or implementing programs, activities, or communication on zoonotic diseases.

- This guide is also intended to support any individual or group providing health information at community level including, but not limited to: health facility staff, community health workers, animal health workers, local community radio stations, religious leaders, and community leaders.

The intended audience of the **messages** compiled in this message guide is communities at large and specifically individuals within those communities that live near or work with animals.

ROLE OF MESSAGING IN RISK COMMUNICATION FOR PREPAREDNESS AND RESPONSE

Risk communication is the real-time exchange of information, advice, and opinions between experts or officials and people who face a threat to their survival, health, or economic or social well-being from a hazard (such as a zoonotic disease outbreak)⁵. Effective risk communication can manage people's expectations during an emergency and assist response efforts by increasing efficiency and minimizing duplication or contradictory information.

⁵ WHO. Risk Communication Learning Course: <https://www.who.int/risk-communication/training/en/> Accessed: Nov 2, 2018

As evidenced during the 2014-2015 Ebola outbreak, an effective response can depend on behavioral and social norm changes. These changes require robust, trustworthy communication and commitment to community engagement to support those affected by an outbreak to:

- Define the issue or problems affecting them.
- Reflect on the causes of the issues including how their behaviors impact them.
- Identify their ability to improve the issue.
- Organize themselves to address the issue.

Engaging communities prior to an event fosters trust and strengthens feedback loops between communities and health facilities and can accelerate the community-led action needed to create a demand-driven response in an emergency situation. Community engagement helps to ensure communities see the benefit in adopting the behaviors advocated in an emergency response and willingly cooperate with response teams.⁶

A strong and united voice heard through various sources at community level can determine whether an emergency spirals out of control or is brought into check as soon as possible. Messages are key in providing consistency to the communication response allowing multiple stakeholders to speak and engage with one voice in a clear and concise way across all channels of communication.

PRINCIPLES FOR EFFECTIVE MESSAGING

Technical information alone, even if formulated in simple, understandable language, is unlikely to prompt significant behavior change. In addition to providing accurate information that is actionable, it is important that messages and the interventions through which they are delivered are designed with respect of people's values; communicate care and concern; take into account the local context, culture, and potential stigma associated with the emergency; and be used as part of a responsive, two-way exchange with those at risk.⁷ Research also shows that messages that give specific information on an action, benefit, and risk are more likely to motivate behavior change than general messages.⁸ The messages in this guide are designed according to the following principles:

- Provide essential health information in a positive way, and encourage simple, doable actions for prevention and management of zoonotic diseases.
- Present one main idea at a time that focuses on **what** people need to know and do, **why** they should do it (benefits and risks), and **how** they should do it.
- Acknowledge the concerns and/or emotions (e.g., fear, anxiety, sadness) that people may experience as a result of the emergency or information presented.
- Appeal to emotions and sense of individual and collective responsibility.
- Respect cultural beliefs and values.
- Recognize that animals are an important and valuable part of people's livelihoods and

⁶ The Health Communication Capacity Collaborative (HC3). (2017) The SBCC Emergency Helix: A Framework for Strengthening Public Health Emergency Programs with Social and Behavior Change Communication. Baltimore: Johns Hopkins Center for Communication Programs.

⁷ The Health Communication Capacity Collaborative (HC3). (2016). Social and Behavior Change Communication for Emergency Preparedness Implementation Kit

⁸ The Health Communication Capacity Collaborative (HC3). (2017). Malaria SBCC Evidence Literature Review. Baltimore, Maryland: Johns Hopkins Center for Communication Programs.

cultural lives.

- Focus on preventing person-to-person transmission of disease in the event of an outbreak.
- Focus on available facts.
- Use short words and common conversational language, limiting, wherever possible, technical and scientific words while maintaining accuracy and integrity of the concept.
- Maintain consistency in phrasing.

It is recommended these principles be used to guide further refinement and development of additional new messages for subsequent versions of this and related message guides.

HOW THIS DOCUMENT WAS DEVELOPED

PROCESS AND SOURCES

This resource was developed through a consultative process with ministries, divisions, agencies, academic institutions, and implementing partners, and is aligned with national policies and international standards. Steps in this process included:

- Review of existing materials and messages for priority and other recently relevant zoonotic diseases in Sierra Leone and other countries.
- Review of global guidance and standards for messages.
- Formative research in Sierra Leone on the perceptions of zoonotic diseases and barriers and facilitators to healthy behaviors.
- A review of behavioral research from the region on Sierra Leone's priority zoonotic diseases.
- Ongoing analysis of the available resources, infrastructure, and systems in place to prevent and treat zoonotic diseases as well as what actions are feasible and realistic for the majority of the population.
- Feedback and experience sharing from stakeholders at national and district level.
- Endorsement and approval through the MOHS Health Education Division, including the Communications Pillar of the National Public Health Emergency Operations Center.

Existing materials, messages, and information were gathered from a variety of sources. Key sources included:

- Existing materials and messages from Sierra Leone including documents such as message guides (e.g. Ebola; Reproductive, Maternal, Newborn, and Child Health; Emergency), the "How to Live Safely with Animals for Healthier Communities" community engagement tool, and the Marburg fact sheet
- World Health Organization
- World Organization for Animal Health
- UNICEF
- Centers for Disease Control and Prevention
- Global Alliance for Rabies Control

- Avian influenza materials produced by the Academy for Education Development for the United States Agency for International Development Avian Influenza Program

LIMITATIONS

While many of the messages in this guide were adapted from existing, reviewed, and approved materials and messages by the Ministry of Health and Sanitation Health Education Division, and findings from recent formative research as well as inclusion of national- and district-level stakeholders in the Message Guide review and revision process helped shape messages to fit and address the local context, the adapted messages and those that were newly drafted have not yet been pretested with community members across Sierra Leone. However, future plans to prioritize cross-cutting messages for impact and feasibility may create an opportunity to do so.

Additionally, the formative research on perceptions of zoonotic diseases was conducted in select constituencies in Bombali district; therefore, its results are not considered representative for all of Sierra Leone.

ONGOING UPDATE OF THIS DOCUMENT

As capacity to prepare and respond to public health threats is increasingly becoming a global priority in response to increasing events, new research, global guidance, and feedback will be available to inform future versions of this guide. **This document will be reviewed, updated, and distributed as new information becomes available. Please direct questions and feedback to:**

Programme Manager, Health Education Division
Directorate of Primary Health Care, MOHS
Central Medical Stores, New England
mohshpsl@gmail.com

HOW TO USE THIS DOCUMENT

It is recommended to consult this reference resource when designing communication tools, messages, and/or interventions for zoonotic diseases. The messages can be applied through a full spectrum of communication activities and channels and in times of preparedness and response.

These activities include but are not limited to:

- Public announcements and press conferences/releases
- Media communication (print, video, radio, and public awareness campaigns) and social media
- Social mobilization and partner engagement
- Interpersonal communication
- Community engagement

Social mobilization and community engagement may also include a number of complementary, mutually-reinforcing approaches such as:

- House-to-house visits and distribution of informational materials
- Community theater and story telling
- Community dialogues and action planning
- School-based activities
- Mobilization of local influencers such as traditional and religious leaders or local associations
- Mobilization of town criers

PREPAREDNESS

During times when there is no outbreak this message guide can be used to:

- Increase awareness and knowledge around zoonosis.
- Correct common misinformation.
- Raise risk perception where appropriate.
- Improve uptake of health protective behaviors including actions to report instances of high risk, contributing to early detection of potential emergencies.

Many of the behaviors promoted in this guide cross-cut other priority health issues such as water, sanitation and hygiene, food safety, infection prevention control, and early care-seeking for fever. This makes the messages broadly relevant and well-suited for easy integration into other health promotion and social mobilization activities.

Using this tool for preparedness helps ensure that, in the event of an emergency, trusted information sources are already familiar with the messages and have had an opportunity to share them with their networks.

OUTBREAKS AND PUBLIC HEALTH EMERGENCIES

The content and intended audiences of messages and the way they are formulated are likely to evolve as the emergency progresses.

- **In the initial phase** of an emergency, the focus needs to be on disseminating information to the general public quickly and empathetically about simple, doable, protective actions.
- **In the subsequent phases**, messages will need to be refined to reflect local perceptions associated with the emergency and the perceived consequences of performing the desired behaviors.

During and following an outbreak, the foundational messages in this guide can be quickly adapted to respond to concerns, feedback, changing circumstances, and shifts in context. The messages can also be used to encourage continuation of behaviors adopted during the emergency over the course of recovery to support community resilience and preparation for potential future outbreaks.

ORGANIZATION AND LAYOUT OF THE GUIDE

This document is organized into five parts:

Part 1: Orientation to this Guide. Provides an orientation to the resource and message and material development for zoonotic diseases in Sierra Leone.

Part 2: Cross-Cutting Messages. Catalogues cross-cutting messages for the prevention, detection, and general management of zoonotic diseases.

Part 3: Disease-Specific Messages. Catalogues disease-specific messages incorporating all relevant cross-cutting messages.

Part 4: Bombali Virus. Provides additional information on Bombali Virus available at this time.

Part 5: Additional Resources. Provides additional resources and templates for submission of messages and materials.

In Parts 2 and 3, messages are organized by topic (e.g. wash your hands, dispose of dead animals safely). Within each topic, topline messages are presented first, followed by messages that provide additional detail, anticipate audience concerns, and seek to answer the *how* and *why* for each promoted behavior. Each topic heading is included in the table of contents to facilitate easy location of relevant messages.

SELECTION AND ADAPTATION OF MESSAGES

It is advised to contact the MOHS Health Education Division before beginning the design or implementation of any communication interventions to ensure coordination with ongoing activities and to facilitate connection to existing materials or additional resources that are helpful.

It is recommended to identify your intended audience and understand their specific needs and barriers before designing interventions or selecting messages to use, as possible. Understanding the behaviors, knowledge, aspirations, and feelings of an audience can help identify messages and activities that resonate and motivate behavior change. It also informs the selection of approaches and delivery channels to which audiences are more likely to respond for the desired changes to occur.

Please note that not all messages are appropriate for every activity or channel of distribution. It is recommended to review the principles of effective messaging presented earlier in this document before tailoring messages.

Depending on the context of when, where, and how the messages will be used, the messages may need to be adapted for the intended audience, channel, or activity being designed.

The messages in this guide are written in simple, Standard English with reference to some common Krio words or phrases. It is recommended to translate the messages into the appropriate local language to increase understanding and facilitate peer-to-peer sharing.

Pre-testing of all adapted messages and developed materials is recommended, if possible.

REVIEW AND APPROVAL PROCESS FOR ALL MESSAGES AND MATERIALS

All adapted or newly developed materials must be reviewed and approved by HED prior to production, distribution, and use, as indicated in the MOHS Health Promotion Policy. The purpose of this review is to:

- Verify messages are aligned with the messages in this guide to minimize conflicting information.
- Ensure messages and materials are appropriate for Sierra Leone audiences.
- Support coordination across risk communication and health promotion activities.

Anticipated return time is two weeks during non-outbreak times. Please plan accordingly.

The Material Review Form (included in Part 5 of this guide) should be completed and submitted along with each material electronically and in hard copy to:

Programme Manager, Health Education Division
Directorate of Primary Health Care, MOHS
Central Medical Stores, New England
mohshpsl@gmail.com

Approved materials must be marked with the Ministry of Health and Sanitation logo. Logos of implementing partners can be added. Once approved, all materials will be registered on a tracking list, held by the Health Education Division, and added to the [Health Education Division Knowledge Gateway](#), where they will be available to all partners. All stakeholders are welcome to join the Knowledge Gateway.

PART 2: CROSS-CUTTING MESSAGES

RATIONALE FOR CROSS-CUTTING MESSAGES

In the process of reviewing and compiling information and messages on the priority and other recently relevant zoonotic diseases, a number of common behaviors and actions relevant to the prevention, detection, and management of zoonotic diseases were identified.

Presenting information about numerous, often life-threatening, diseases at once can make people feel overwhelmed. When that happens, it is difficult for people to absorb and process information. Focusing on behaviors that protect against multiple zoonotic diseases can potentially lead to broader impact through a more manageable amount of information.

Messages related to these cross-cutting behaviors are grouped together in the following section. These messages have been selected based on consideration of available research for Sierra Leone, as well as consideration of availability of systems to support the promoted behavior, potential to interrupt transmission, and feasibility to practice the behavior.

CROSS-CUTTING MESSAGES

CONNECTION BETWEEN ANIMAL HEALTH AND HUMAN HEALTH

- Animal health, and the health of the areas they live in, is important for human health.
- Animals are a source of food, a source of income, and help our plants and forests grow.
 - Many animals help grow the fruits that we eat by spreading the seeds. Without these animals, the plants would not multiply and grow fruits.
 - Some animals help the crops we grow stay healthy by eating the insects that damage the crops.
 - If the forest is cut, burned, or no longer fine for animals, the animals will be forced to find a new home which can bring them closer to people and other animals. This can make problems for people and between animals. Taking care of our forests and land helps animals to live in peace and avoid problems.
- Animals can get sick just like people can, and some of them can spread some of those sicknesses to people and other animals, such as monkeys, bats, rats, cats, dogs, chickens, and pigs.
- Some of these sicknesses that can be spread are serious and can cause death.
- Some of these serious sicknesses that can be spread from animals to people are Ebola, Lassa fever, rabies, anthrax, and animal flu like bird flu or pig flu.
- It is important we take care when working with and living near animals because we cannot always see the signs that they are sick.

WAYS THAT SICKNESSES ARE SPREAD FROM ANIMALS TO PEOPLE

- Sickness can spread from an animal to a person through:
 - A bite or scratch by an animal with sickness.
 - Eating an animal with sickness.
 - Touching an animal with sickness or its wet, toilet, blood, spit, or snot.
 - Touching, eating, or drinking something that has the wet, toilet, blood, spit, or snot of an animal with sickness on it.
 - Breathing in sickness from an animal through the air.
- We cannot always see the signs and symptoms of sickness in animals.
- Some animals do not show the signs and symptoms of sickness but can still spread the sickness to other animals and to people.
- Because some animals do not show signs and symptoms of sickness, you cannot know for sure which animals have sickness. That is why it is important to be careful with all animals.

HOW TO PREVENT THE SPREAD OF SICKNESS FROM ANIMALS AND PEOPLE

- There are actions we can take to help keep ourselves, our families, and our communities healthier when we work with and live near animals.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- When possible, avoid animals that look sick and animals that you find dead.
- Do not touch with bare hands the body or body fluids, such as wet, toilet, blood, spit, and snot, of an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to us if we touch them or their body fluids.
- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.

DISPOSE OF DEAD ANIMALS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead animal safely, it is important to dispose of the animal very carefully. Even if the animal looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead animal safely, carefully burn or deeply bury the dead animal far from where water is collected and where household activities take place.
- Burning a dead animal is best in areas with plenty people and where space is too small to safely bury the dead animal.
- To dispose of a dead animal safely, do not touch with bare hands the body or body fluids, such as wet, toilet, blood, spit, or snot of the animal.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead animal to avoid touching the animal with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead animal to where you can burn or bury it deeply.
 - Burn or deeply bury the dead animal.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the animal on the plastic. Burn or deeply bury the plastic bags along with the animal and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
 - Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead animal and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
- Never dig up a dead animal that has been buried.

PROTECT YOURSELF WHEN KILLING OR BUTCHERING AN ANIMAL

- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.

- Always wash your hands and arms with soap and water before and immediately after killing or butchering an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
- Wash any tools you use to kill or butcher an animal with soap and water or disinfectant before and after their use. This helps keep sickness from spreading to you and others.
- Covering your skin, eyes, nose, and mouth when killing or butchering an animal, even if the animal looks healthy, can help stop any sickness the animal may have from entering your body.
 - If gloves are available, wear rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves are used, after killing or butchering an animal, wash the gloves well with soap and water while they are still on your hands.
 - Wash any tools used to kill or butcher an animal with soap and water or disinfectant. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.

TAKE GOOD CARE OF ANY ANIMAL BITE OR SCRATCH IMMEDIATELY

- Wash any animal bite or scratch immediately with soap and water 20 times (15 minutes).
- Washing a bite or scratch well with soap and water can help stop sickness spreading from an animal to a person.
- After washing a bite or scratch very well, go immediately to your nearest health facility or community health worker for advice and treatment.
- Getting early treatment for any problem can save lives.
- When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.

REDUCE ANIMALS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Animals should be kept in an animal pen away from your house.
- Keep animals like chickens, goats, sheep, and pigs out of the house. Close contact with animals and their body fluids such as wet, toilet, blood, spit, or snot, can make it easier for sicknesses to spread from animals to us and our families.

- If you must bring animals indoors, keep them away from where the family sleeps and eats. Sleeping with or eating near animals can allow sickness from an animal to easily spread to us and our families.
- Keep animals brought indoors in a bag, basket, or covered cage, so they cannot roam freely.
- Keep the house area as clean as possible to help stop unwanted animals from visiting your house.
- Keep your house in good repair to make it difficult for unwanted animals to enter and make their home there.
- Clean and sweep the house every day that animals such as rats or chickens have been inside. Close contact with animals and their body fluids such as wet, toilet, blood, spit, or snot, can make it easier for sicknesses to spread from animals to you and your family.
- When sweeping your house after animals have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.
 - Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where animals have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any animal wet, toilet, blood, spit, or snot.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats and other animals and stop animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their wet, toilet, blood, spit, and snot.
- Keeping a wild animal as a pet or bringing it into your house can make problems for the animal and your family. Leave wild animals to be wild.
- Wild animals do not normally let a person come close to it, so if one does, remember that something could be wrong with the animal.

WASH YOUR HANDS AFTER ANY CONTACT WITH AN ANIMAL

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.

- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching or butchering an animal, handling animal meat or products, and cleaning areas where animals have been are some of the best ways we can stop the spread of sickness from an animal to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any animal – even if the animal looks healthy. We cannot always see the signs and symptoms of sickness.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal.
 - After disposing of a dead animal.
 - Before entering and after leaving an area where animals have been or are kept.
 - After touching animal waste or cleaning an area where animals have been or are kept.
 - Before and after killing or butchering an animal.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Sickness can spread from animals to people when we touch, eat, or drink something that has the body fluids of an animal with sickness on or in it.

- Eat and drink away from animals and areas where animals are kept.
- Keep animals away from areas where food or drink is stored, prepared, or eaten.
- Do not eat fruit or food that has been bitten by an animal.
 - Do not eat any part of the bitten fruit or food.
 - Do not give the bitten fruit or food to an animal to eat.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where rats, cats, dogs, and other animals can touch it or areas where animal wet, toilet, blood, spit, or snot has touched.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid contact with rats and other animals and stop animals from visiting and eating and drinking your food and water.
- Always use a clean cup to collect water from a container so that your hands do not touch the water. Dirty cups and hands can spread sickness to the water and then other people.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their wet, toilet, blood, spit, and snot.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- Wash hands with soap and water before and after touching raw animal products such as beef, chicken, milk, and eggs.
- Keep raw beef and chicken and other animal products away from fruits and vegetables and cooked foods.
- Wash all surfaces and items used to prepare food with soap and water immediately after they have been in contact with any animal parts or products including skin, feathers, guts, and raw beef, chicken, milk, or eggs.
- Cook food well to help stop the spread of any sickness. Food should be hot to the touch all the way through.
 - Beef and chicken should be cooked until no pink is left.
 - Eat and drink only cooked milk and eggs. Boil or fry eggs until they are cooked solid.
 - Bring foods like soups, stews, and “plasas” to boiling before eating.
 - Eat food while it is hot.
 - Reheat cooked food until it is very hot.
- To keep your family and friends healthy, do not prepare food when you are sick.

KEEP ANIMAL AREAS CLEAN

- Sickness in animals can be spread through their body fluids, such as their wet, toilet, blood, spit, or snot. In areas where animals visit or are kept, the body fluids of an animal with sickness can spread easily to other animals or live on surfaces that can spread to other animals and people who touch them.
- Animals should be kept in an animal pen away from your house.
- Clean or sweep animal toilet from the yard or animal pen frequently to help stop the spread of any sickness to other animals or to people.
- Burn or deeply bury animal toilet and other waste away from the animal pen, where food is grown, water sources, and places that people and animals visit often.
- In areas with plenty people and where space is small to burn or bury, put animal toilet and other waste in plastic or a covered bin until it can be collected and taken away.
- Clean areas and surfaces that have come in contact with animals or their wet, toilet, blood, spit, or snot with soap and water.
- Clean any tools or items used to care for animals, like cages or food and water containers, outside of the house.
- We can help stop sickness from entering our body when cleaning areas where animals visit or are kept by covering our skin, eyes, nose, and mouth.
 - If gloves are available, wear rubber gloves to protect your hands. Wash the rubber gloves well with soap and water before removing. Then wash your hands and arms immediately with soap and water.
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter. Wash the glasses and mask or cloth with soap and water immediately after removing.
- Always wash your hands and arms with soap and water immediately after cleaning an area where animals have been or are kept.

HOW TO PROTECT YOUR ANIMALS FROM SICKNESSES

- Animal health is important for human health. Taking good care of our pets and livestock helps keep animals healthy which helps keep us, our families, and our communities healthy.
- All animals need enough food and water, exercise, kind treatment, and a safe, clean place to stay.
- Keep animals in the yard or closed area. Animals that roam freely are more likely to come in contact with sicknesses from other animals and can then spread the sicknesses to your other animals, our families, or our communities.

- If one or more of your animals get sick or dies, separate the sick or dead animals from the healthy ones to stop the spread of sickness. Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
 - Then wash anything that touched the animals, the area where the animals were kept, and your hands and arms immediately with soap and water.
- If you buy or get new animals, keep them separate from other animals for a period of three weeks while you watch the new animals for any signs and symptoms of sickness. This way you can make sure they are not sick and do not spread any sickness to other animals.
- If your animals do not sell at the market, keep them separate from other animals for a period of three weeks while you watch them for any signs and symptoms of sickness. This way you can make sure they did not come in contact with any sickness at the market that they might spread to other animals.
- If you hear of an outbreak of an animal sickness nearby, tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
- To keep you and your animals safe, do not move or sell your animals if you hear of an outbreak of an animal sickness nearby.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- If you have signs and symptoms of sickness, go to your nearest health facility or community health worker right away.
 - Getting early treatment for any problem can save lives.
 - Getting early treatment can also protect your family and loved ones from getting the sickness.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of sickness, make sure to tell your health worker if you have had recent contact with any animal or spent time in an area where animals live, visit, or are kept.
- If a person gets sick or dies after contact with an animal, do not touch the person, their body fluids such as wet, toilet, vomit, blood, spit, or snot, or any items they or their body fluids have touched.
- Touching the body of a sick or dead person, their body fluids, or items they or their body fluids touched can spread sickness to other people.
- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.

- Call 117 to report all deaths.
- Cough or sneeze into your upper arm or sleeve. To help keep others safe from sickness, wash your hands afterward.

PART 3: DISEASE-SPECIFIC MESSAGES

VIRAL HEMORRHAGIC FEVERS

Viral hemorrhagic fevers are a group of sicknesses that can cause serious problems and can even kill. In Sierra Leone, the most common viral hemorrhagic fevers are Ebola and Lassa fever. In 2018, the presence of Rift Valley fever was identified in goats and Marburg virus was found in bats. The existence of these sicknesses in animals in Sierra Leone means there is potential for the sicknesses to spread to people. Ebola, Lassa fever, Rift Valley fever, and Marburg are all sicknesses that can spread from animals to people and then people to people.

Many of the signs and symptoms of viral hemorrhagic fevers are the same as the signs and symptoms for other common sicknesses in Sierra Leone like malaria and typhoid. This makes early testing and treatment for any fever very important. Getting early treatment can save lives. Getting early treatment gives the person who is sick a better chance at healing and with fewer problems. Early treatment also helps protect family members and loved ones from getting sick too.

EBOLA - VIRAL HEMORRHAGIC FEVER

- Ebola is a sickness that can make animals and people sick and can even cause death.
- Sierra Leone developed a comprehensive message guide for Ebola during the 2014-2015 outbreak called the “Consolidated Message Guide for Ebola Communication in Sierra Leone” It was last updated on November 26, 2015. Please refer to this guide for all approved Ebola related messages. You can access it [here](#) on the MOHS Knowledge Gateway.
- In addition to the message guide for Ebola mentioned above, the cross-cutting messages included in Part 2 of this document may be useful for engaging community members about actions they can take to protect themselves from sicknesses that can spread from animals to people.

LASSA FEVER - VIRAL HEMORRHAGIC FEVER

ABOUT LASSA FEVER

- Lassa fever is a sickness that can make people sick.
- Lassa fever is spread by a certain type of rat that is common in Sierra Leone.
- People who get Lassa fever usually live in rural and very crowded areas where the type of rat that has Lassa fever lives.
- Lassa fever can range from not too serious to very serious and can even cause death.
- Lassa fever is very dangerous to pregnant women and can lead to death of the mother and unborn baby.

SIGNS AND SYMPTOMS OF LASSA FEVER IN RATS

- Rats do not show the signs and symptoms of Lassa fever, but can still spread the sickness to other rats and to people.
- Because rats do not show signs and symptoms of Lassa fever, you cannot know for sure which rats have the sickness. That is why it is important to avoid contact with all rats.

SIGNS AND SYMPTOMS OF LASSA FEVER IN PEOPLE

- The length of time from when the Lassa fever enters a person's body to when the person starts to show signs and symptoms of Lassa fever ranges from 2 to 21 days.
- The signs and symptoms of Lassa fever can start slowly and get stronger. They usually last about two days to three weeks.
- Signs and symptoms of Lassa fever include:
 - Fever
 - Headache
 - Bleeding from the mouth, nose, or ear
 - Bloody toilet or vomit
 - Weakness and feeling tired
 - Chest pain and body pains
- Many of the signs and symptoms of Lassa fever are like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.
- If not treated quickly, death can occur as early as 14 days after symptoms begin to show.

THE DIFFERENT WAYS LASSA FEVER IS SPREAD

- Lassa fever is spread by a certain type of rat that is common in Sierra Leone.
- Lassa fever can spread from rat to rat, but it is hard to know which rats have the sickness because they do not show the signs of sickness. Because we cannot see the signs and symptoms of Lassa fever in rats, it is best to keep safe from all rats.
- Lassa fever can spread from a rat to a person through:
 - Eating food or drinking water that has the wet or toilet of a rat.
 - Touching the body or wet or toilet of a rat when killing, butchering, and preparing the animal for cooking.
 - Touching the items that the wet or toilet of a rat have touched.
 - Breathing in dust that has the wet or toilet of a rat.
- When one person gets sick with Lassa fever, they can easily spread it to others.
- Lassa fever can spread from person to person through:
 - Touching the wet, toilet, blood, vomit, tears, spit, or other body fluids of a person who is sick with or has died from Lassa fever.
 - Touching the body of a person who is sick or has died from Lassa fever.
 - Touching items like clothing, bedding, cups, or phones, that a person who is sick or has died from Lassa fever touched.
 - Unprotected sex with a person who is or has been sick with Lassa fever in the last three months.
- Lassa fever enters a person's body through:
 - An opening in the skin like a cut, scrape, or sore.
 - The mouth, nose, or eyes.
 - Breathing it in.
 - The private parts through unprotected sex.

HOW TO PROTECT AGAINST LASSA FEVER

- There are actions we can take to protect ourselves and our families from Lassa fever.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD RATS

- Rats can have different sicknesses, like Lassa fever, and not show signs and symptoms of sickness, so it is important to avoid contact with all rats.

- Do not hunt, kill, butcher, prepare for cooking, or eat any rat, even if it looks healthy. Rats with Lassa fever do not show signs and symptoms of sickness, so it is important to avoid contact with all rats.
- When possible, avoid contact with rats.
- Do not touch with bare hands the body or body fluids, such as wet and toilet, of a rat. Rats with Lassa fever do not show signs and symptoms of sickness, but can spread their sickness to us if we touch them or their body fluids.
- Never prepare or eat, sell, or give away a rat that you find dead. Rats you find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water immediately after any contact with a rat, even if it looks healthy, because we cannot see the signs and symptoms of Lassa fever in rats.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any rat that looks sick or that you find dead. Even though rats do not show signs and symptoms of Lassa fever, a sick or dead rat may be a sign of some other sickness.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about a rat that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD RATS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead rat safely, it is important to dispose of the rat very carefully. Even if the rat looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- Rats do not show the signs and symptoms of Lassa fever, but can still spread the sickness to other rats and to people, so it is important to dispose of a dead rat safely.
- To dispose of a dead rat safely, carefully burn or deeply bury the dead rat far from where water is collected and where household activities take place.
- Burning a dead rat is best in areas with plenty people and where space is too small to safely bury the dead rat.
- To dispose of a dead rat safely, do not touch with bare hands the body or body fluids of the rat.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Place the dead rat in a plastic bag and tie it closed.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead rat to avoid touching the rat with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead rat to where you can burn or bury it deeply.

- Burn or deeply bury the dead rat.
- If plastic bags are used, remove them carefully so that you do not touch any body fluids of the rat on the plastic. Burn or deeply bury the plastic bags along with the rat and wash your hands and arms immediately with soap and water.
- If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
- Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead rat and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
- Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
- Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with a rat, even if it looks healthy, because we cannot see the signs and symptoms of Lassa fever in rats.
- Never dig up a dead rat that has been buried.

REDUCE RATS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Keep a cat at home to drive away rats from the house and surrounding area.
- Keep the house area as clean as possible to help stop rats from visiting your house. Close contact with rats and their wet and toilet can make it easier for Lassa fever to spread from rats with the sickness to you and your family.
- Keep your house in good repair to make it difficult for rats to enter and make their home there.
- Clean and sweep the house every day that rats have been inside. Close contact with rats and their wet and toilet can make it easier for Lassa fever to spread from rats with the sickness to us and our families.
- When sweeping your house after rats have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.
 - Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where rats have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any rat wet and toilet.

- Keep food and water in covered containers that rats cannot enter and away from where people sleep. This helps to avoid close contact with rats and stop rats and other animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from rats and their wet or toilet.

WASH YOUR HANDS AFTER ANY CONTACT WITH A RAT

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching a rat and cleaning areas where rats have been are some of the best ways we can stop the spread of sickness from a rat to ourselves and our families.
- Always wash your hands and arms with soap and water immediately after any contact with a rat, even if it looks healthy, because we cannot see the signs and symptoms of Lassa fever in rats.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal, including rats.
 - After disposing of a dead animal, including rats.
 - Before and after visiting an area where animals, such as rats, live or have been.
 - After touching animal waste or cleaning an area where animals, such as rats, live or have been.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.

- Use enough soap to cover all hand surfaces.
- Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse hands well with water.
- Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Lassa fever can spread from rats to people when we touch, eat, or drink something that has the wet or toilet of a rat with Lassa fever on or in it.
- Eat and drink away from rats and areas where rats visit.
- Do not eat fruit or food that has been bitten by an animal.
 - Do not eat any part of the bitten fruit or food.
 - Do not give the bitten fruit or food to an animal to eat.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where rats can touch it or areas where rat wet or toilet has touched.
- Keep food and water in covered containers that rats cannot enter and away from where people sleep. This helps to avoid close contact with rats and stop rats and other animals from visiting and eating and drinking your food and water.
- Always use a clean cup to collect water from a container so that your hands do not touch the water. Dirty cups and hands can spread sickness to the water and then other people.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from rats and their wet or toilet.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- To keep your family and friends healthy, do not prepare food when you are sick.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH A RAT

- If you have any of the signs and symptoms of Lassa fever, go to your nearest health facility or community health worker right away.
 - Many of the signs and symptoms of Lassa fever are like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.

- Getting early treatment for Lassa fever can save lives.
 - Getting early treatment can also protect your family and loved ones from getting Lassa fever.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of Lassa fever, make sure to tell your health worker if you have had recent contact with a rat or spent time in an area where rats live or visit.
 - If a person gets sick or dies after contact with a rat, do not touch the person, their body fluids such as wet, toilet, blood, and spit, or any items they or their body fluids have touched.
 - Touching the body of a sick or dead person, their body fluids, or items they or their body fluids touched can spread sickness to other people.
 - If a person gets sick or dies after contact with a rat, go to your nearest health facility or community health worker or call 117.
 - Telling a health worker about any sickness or death after contact with a rat can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
 - Call 117 to report all deaths.

IF YOU HAVE RECOVERED FROM LASSA FEVER

- Lassa fever survivors should use condoms during sex (vaginal, anal or oral) for at least 3 months after recovery.
- To avoid spreading Lassa fever from the condom, the survivor should be the one to remove the condom and throw it away.
- Condoms should be thrown away where no one is able to touch it, such as in a deep pit latrine.
- Once the condom is thrown away, wash your hands with water and soap.
- Survivors and their sexual partners should practice good hand washing and personal hygiene by washing well with soap and water immediately after masturbation and having sex.
- If you have questions about masturbation, sex, pregnancy, or breastfeeding as a Lassa fever survivor, talk to a health worker.

RIFT VALLEY FEVER - VIRAL HEMORRHAGIC FEVER

ABOUT RIFT VALLEY FEVER

- Rift Valley fever is a sickness that can make animals and people sick.
- Rift Valley fever has been found in some animals, mainly sheep and goats, and sometimes cattle.
- Rift Valley fever most commonly spreads from animals to people through contact with the blood or body parts, such as when handling meat, of animals with the sickness.
- People most likely to get Rift Valley fever are people that work closely with animals such as herders, veterinarians, and people that kill or butcher animals.
- Rift Valley fever can be spread between animals and between humans through the bite of a mosquito.
- Rift Valley fever is a sickness that is often mild but can occasionally be very serious in people and look similar to Ebola and Lassa fever.
- Rift Valley fever is not known to spread from person to person.

SIGNS AND SYMPTOMS OF RIFT VALLEY FEVER IN ANIMALS

- Sign and symptoms of Rift Valley fever in animals include:
 - Fever
 - Fluids leaking from the nose and eyes
 - Bloody diarrhea
 - Vomiting
 - Stomach pain
 - Yellowing of the skin and eyes
 - A large number of pregnant ewes, goats, or cattle losing their young before they are born
- Rift Valley fever harms sheep more than other animals and most newborn lambs that have the sickness will die.
- Young animals are more likely to die from Rift Valley fever than adult animals.

SIGNS AND SYMPTOMS OF RIFT VALLEY FEVER IN PEOPLE

- The length of time from when the Rift Valley fever enters a person's body to when the person starts to show signs and symptoms of Rift Valley fever ranges from two to six days.

- The signs and symptoms of Rift Valley fever may show slowly, and some people with the sickness may not show any signs or symptoms.
- Signs and symptoms of Rift Valley fever in people include:
 - Fever
 - Feeling tired and weak
 - Generalized body pain
 - Sensitivity to light
 - Losing ability to see
 - Bleeding from the nose or mouth
 - Bloody toilet or vomit
 - Seeing things that are not really there
 - Convulsions
- The signs and symptoms of Rift Valley fever when not too serious usually last for two to seven days.
- Many of the signs and symptoms of Rift Valley fever can be like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.

THE DIFFERENT WAYS RIFT VALLEY FEVER IS SPREAD

- Rift Valley fever can spread from an animal to a person through:
 - Touching the body parts or body fluids of an animal with Rift Valley fever, such as during killing, butchering, or preparing and cooking beef.
 - Drinking uncooked milk from an animal that has Rift Valley fever.
 - A bite by a mosquito that has Rift Valley fever.
 - Breathing in the Rift Valley fever when killing or butchering an animal that has Rift Valley fever.
- Rift Valley fever enters a person's body through:
 - The mouth, nose, or eyes.
 - Small cuts or openings in the skin.
 - An insect bite.
 - Breathing it in.
- Rift Valley fever is not known to spread from person to person.

HOW TO PROTECT AGAINST RIFT VALLEY FEVER

- There are actions we can take to protect ourselves and our families from Rift Valley fever.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- When possible, avoid animals that look sick and animals that you find dead.
- Do not touch with bare hands the body or body fluids, such as wet, toilet, blood, and spit, of an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to us if we touch them or their body fluids.
- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief if a pregnant goat, sheep, or cow loses its young before it is born. This can be a sign that the animal has a sickness.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD ANIMALS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead animal safely, it is important to dispose of the animal very carefully. Even if the animal looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead animal safely, carefully burn or deeply bury the dead animal far from where water is collected and where household activities take place.
- Burning a dead animal is best in areas with plenty people and where space is too small to safely bury the dead animal.
- To dispose of a dead animal safely, do not touch with bare hands the body or body fluids of the animal.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead animal to avoid touching the animal with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead animal to where you can burn or bury it deeply.

- Burn or deeply bury the dead animal.
- If plastic bags are used, remove them carefully so that you do not touch any body fluids of the animal on the plastic. Burn or deeply bury the plastic bags along with the animal and wash your hands and arms immediately with soap and water.
- If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
- Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead animal and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
- Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
- Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
- Never dig up a dead animal that has been buried.

PROTECT YOURSELF WHEN KILLING OR BUTCHERING AN ANIMAL

- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water before and immediately after killing or butchering an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
- Wash any tools you use to kill or butcher an animal with soap and water or disinfectant before and after their use. This helps keep sickness from spreading to you and others.
- Covering your skin, eyes, nose, and mouth when killing or butchering an animal, even if the animal looks healthy, can help stop any sickness the animal may have from entering your body.
 - If gloves are available, wear rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves are used, after killing or butchering an animal, wash the gloves well with soap and water while they are still on your hands.
 - Wash any tools used to kill or butcher an animal with soap and water or disinfectant. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.

- Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.

STORE AND PREPARE FOOD AND WATER SAFELY

- Rift Valley fever can spread from animals to people when we touch, eat, or drink something that has the body fluids of an animal with Rift Valley fever on or in it.
- Eat and drink away from animals and areas where animals are kept.
- Keep animals away from areas where food or drink is stored, prepared, or eaten.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where sheep, goats, cattle, and other animals can touch it or areas where animal wet or toilet has touched.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats and other animals and stop animals from visiting and eating and drinking your food and water.
- Always use a clean cup to collect water from a container so that your hands do not touch the water. Dirty cups and hands can spread sickness to the water and then other people.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- Wash hands with soap and water before and after touching raw animal products such as beef or milk.
- Keep raw beef and other animal products away from fruits and vegetables and cooked foods.
- Wash all surfaces and items used to prepare food with soap and water immediately after they have been in contact with any animal parts or products including skin, guts, and raw beef or milk.
- Cook food well to help stop the spread of any sickness. Food should be hot to the touch all the way through.
 - Beef should be cooked until no pink is left.
 - Drink only cooked milk.
 - Bring foods like soups, stews, and “plasas” to boiling before eating.
 - Eat food while it is hot.
 - Reheat cooked food very hot.

PREVENT INSECT BITES

- Some serious sicknesses like Rift Valley fever are spread from mosquito bites.
- Protect against mosquito bites by always sleeping under a treated mosquito net.

HOW TO PROTECT YOUR ANIMALS FROM RIFT VALLEY FEVER

- Animal health is important for human health. Taking good care of our livestock helps keep animals healthy which helps keep us, our families, and our communities healthy.
- All animals need enough food and water, exercise, kind treatment, and a safe, clean place to stay.
- If one or more of your animals get sick or dies, separate the sick or dead animals from the healthy ones to stop the spread of sickness. Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
 - Then wash anything that touched the animals, the area where the animals were kept, and your hands and arms immediately with soap and water.
- If you buy or get new animals, keep them separate from other animals for a period of three weeks while you watch the new animals for any signs and symptoms of sickness. This way you can make sure they are not sick with Rift Valley fever or any other sickness and do not spread any sickness to other animals.
- If your animals do not sell at the market, keep them separate from other animals for a period of three weeks while you watch them for any signs and symptoms of sickness. This way you can make sure they did not come in contact with Rift Valley fever or any other sickness at the market that they might spread to other animals.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- If you have any of the signs and symptoms of Rift Valley fever, go to your nearest health facility or community health worker right away.
 - Many of the signs and symptoms of Rift Valley fever are like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of Rift Valley fever, make sure to tell your health worker if you have had recent contact with any animal or spent time in an area where animals live, visit, or are kept.
- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.

- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.

MARBURG - VIRAL HEMORRHAGIC FEVER

ABOUT MARBURG

- Marburg is a sickness that can make animals and people sick.
- Marburg causes a serious sickness in people and can even cause death.
- Marburg is not common, but once a person gets sick with Marburg, it can spread quickly from person to person.
- Marburg mainly lives in a type of bat that eats fruits and sleeps in caves.
- People most likely to get Marburg from bats are people that visit areas where bats live, especially caves, and that hunt, butcher, and eat bats.
- Bats with Marburg do not get sick but can still spread the sickness to other bats and to people.
- Because bats do not show signs and symptoms of Marburg, you cannot know for sure which bats have the sickness. That is why it is important to avoid contact with all bats.

SIGNS AND SYMPTOMS OF MARBURG IN BATS

- Bats do not show the signs and symptoms of Marburg, but can still spread the sickness to other bats and to people.
- Because bats do not show signs and symptoms of Marburg, you cannot know for sure which bats have the sickness. That is why it is important to avoid contact with all bats.

SIGNS AND SYMPTOMS OF MARBURG IN PEOPLE

- Many of the signs and symptoms of Marburg in people are like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.
- Signs and symptoms of Marburg in people include:
 - Fever
 - Headache
 - Weakness
 - Diarrhea
 - Stomach and body pain
 - Bleeding from the nose or mouth
 - Bloody toilet or vomit

THE DIFFERENT WAYS MARBURG IS SPREAD

- Marburg can spread from a bat to a person through:
 - Touching bats or the spit, wet, blood, toilet, or body parts of a bat with Marburg.
 - Touching surfaces, such as the inside of a cave, and items that a bat with Marburg or its spit, wet, blood, or toilet have touched.
 - Eating or drinking something that a bat with Marburg or its spit, wet, blood, or toilet have touched.
- Actions that make it more likely for Marburg to spread from bats to people include:
 - Touching bats.
 - Hunting, butchering, or eating bats.
 - Visiting caves, including using them for shelter or cultural ceremonies.
 - Eating fruit that has been bitten by bats.
 - Eating fruit and vegetables without washing them.
 - Leaving food and water and their containers uncovered.
 - Trying to kill or chase all the bats from an area.
 - Working in caves or underground areas where bats live, such as mining.
- Marburg can spread from person to person through:
 - Touching the body, blood, wet, toilet, vomit, or other body fluids of a person who is sick with or has died from Marburg.
 - Touching surfaces and items such as clothing or bedding that the body fluids of a person with Marburg have touched.
 - Unprotected sex with a person who is or has been sick with Marburg.
- Marburg enters a person's body through:
 - The mouth, nose, or eyes.
 - An opening in the skin like a cut or sore.
 - The private parts through unprotected sex.

HOW TO PROTECT AGAINST MARBURG

- There are actions we can take to protect ourselves and our families from Marburg.
- Bats live all around us, so it is important we learn how to live with them safely.
- Trying to kill or chase all the bats from an area does not work and can actually make it *more* likely that Marburg and other sicknesses can spread from bats to people.
 - To keep you, your loved ones, and community healthy, do not kill or chase all the bats from an area.

- Bats are important for the environment. They help our plants, forests, and crops to grow well.
 - Some bats eat fruits and spread the seeds so that plants can become plenty and grow more fruits.
 - Some bats eat the insects that damage the crops that we eat.
- Because bats do not show signs and symptoms of Marburg, you cannot tell for sure which bats have the sickness. That is why it is important to avoid contact with all bats.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD BATS

- Bats can have different sicknesses, like Marburg, and do not show signs and symptoms of sickness, so it is important to avoid contact with all bats.
- Always wash your hands and arms with soap and water immediately after any contact with a bat, even if it looks healthy, because we cannot see the signs and symptoms of Marburg in bats.
- Do not try to kill or chase all the bats from an area.
 - Trying to kill or chase all the bats from an area does not work and can actually make it more likely that Marburg can spread from bats to people.
 - Protect your child's health. Do not send children into the roof to chase bats because they could be bitten or touch the body fluids of a bat.
 - To reduce contact with bats, avoid areas where plenty bats live or visit.
- Avoid visiting caves, including using caves for shelter or cultural ceremonies.
 - The bats that can have Marburg live mostly in caves. Touching bats, their body fluids such as spit, wet, blood, and toilet and surfaces or items that their body fluids have touched are ways that Marburg can spread from bats to people.
 - People who go into caves should be careful not to come in contact with bat body fluids, including touching surfaces and then touching their mouth, nose, eyes, or any opening in their skin like a cut or sore.
 - Always wash your hands and arms with soap and water immediately after visiting a cave.
 - If possible, protect yourself from coming into contact with any bat body fluids in the cave. Wear a head covering to protect your head and rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth.
 - After leaving the cave, wash the rubber gloves well with soap and water. Remove the head covering, glasses, and mask or cloth from your face and wash them immediately with soap and water. Place them along with the clean gloves in the sun to dry.
 - Then wash your hands and arms immediately with soap and water.
- Do not hunt, kill, butcher, prepare for cooking, or eat any bat, even if it looks healthy. Bats with Marburg do not show signs and symptoms of sickness, so it is important to avoid contact with all bats.
 - Touching bats and their body fluids such as spit, wet, blood, and toilet are ways that Marburg can spread from bats to people.

- Marburg lives in the meat and body fluids of bats with the sickness, so touching those things during butchering can make it easy for Marburg to spread to a person.
- When possible, avoid contact with bats.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any bat that looks sick or that you find dead. Even though bats do not show signs and symptoms of Marburg, a sick or dead bat may be a sign of some other sickness.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about a bat that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.
- Do not touch with bare hands the body or body fluids, such as spit, wet, blood, and toilet, of a bat. Bats with Marburg do not show signs and symptoms of sickness, but can spread their sickness to us if we touch them or their body fluids.
- Never prepare or eat, sell, or give away a bat that you find dead. Bats you find dead can spread their sickness to those who touch them.

DISPOSE OF DEAD BATS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead bat safely, it is important to dispose of the bat very carefully. Even if the bat looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead bat safely, carefully burn or deeply bury the dead bat far from where water is collected and where household activities take place.
- Burning a dead bat is best in areas with plenty people and where space is too small to safely bury the dead bat.
- Touching bats and their body fluids such as spit, wet, blood, or toilet are ways that Marburg can spread from bats to people. To dispose of a dead bat safely, do not touch with bare hands the body or body fluids of the bat.
 - Wear rubber gloves or plastic bags that cannot be easily pierced to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead bat to avoid touching the bat with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead bat to where you can burn or bury it deeply.
 - Burn or deeply bury the dead bat.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the bat on the plastic. Burn or deeply bury the plastic bags along with the bat and wash your hands and arms immediately with soap and water.

- If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
 - Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead bat and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with a bat, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
 - Never dig up a dead bat that has been buried.

TAKE GOOD CARE OF A BAT BITE OR SCRATCH IMMEDIATELY

- Wash a bat bite or scratch immediately with soap and water 20 times (15 minutes).
- Washing a bite or scratch well with soap and water can help stop sickness spreading from an animal to a person.
- After washing a bite or scratch very well, go immediately to your nearest health facility or community health worker for advice and treatment.
- Getting early treatment for any problem can save lives.
- When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.

REDUCE BATS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Keep your house in good repair to make it difficult for unwanted animals to enter and make their home there.
- Clean and sweep the house every day that bats have been inside. Close contact with bats and their body fluids such as spit, wet, blood, or toilet can make it easier for sicknesses to spread from bats to us and our families.
- When sweeping your house after bats have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.

- Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where bats have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any bat wet and toilet.
- Always cover food and water and their containers to make sure bat spit, wet, and toilet cannot enter. Bat spit, wet, or toilet that enters our food, water, or containers of food and water can make us sick.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from bats and their spit, wet, or toilet.

WASH YOUR HANDS AFTER ANY CONTACT WITH A BAT

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching a bat and cleaning areas where bats have been are some of the best ways we can stop the spread of sickness from a bat to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any bat – even if the bat looks healthy. We cannot always see the signs and symptoms of sickness.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal, including bats.
 - After disposing of a dead animal, including bats.
 - After visiting areas where animals, such as bats, live or have been.
 - After touching animal waste or cleaning an area where animals, such as bats, live or have been.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.

- After changing diapers or cleaning a baby's bottom.
- After blowing your nose, coughing, or sneezing.
- Before and after visiting or caring for someone who is sick.
- Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Marburg can spread from animals to people when we touch, eat, or drink something that has the body fluids of a bat with Marburg on or in it.
- Do not eat fruit that has been bitten by bats. The type of bats that can have Marburg are mainly fruit-eating bats, and Marburg can spread from bats to people through the spit of the bat.
 - Do not eat any part of the bitten fruit.
 - Do not give the bitten fruit to an animal to eat.
- Always wash all fruits and vegetables with water before cooking or eating.
 - The type of bats that can have Marburg are mainly fruit-eating bats. Bats that eat fruit may also wet and toilet on fruits or other crops while they are eating or flying around.
 - Marburg can spread from bats to people through the wet and toilet of the bat, including when people touch or eat something with bat wet or toilet on it.
- Always cover food and water and their containers to make sure bat spit, wet, and toilet cannot enter.
 - Marburg can spread from bats to people through the spit, wet, and toilet of the bat.
 - Bat spit, wet, or toilet that enters our food, water, or containers of food and water can make us sick.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from bat wet or toilet.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- To keep your family and friends healthy, do not prepare food when you are sick.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH A BAT

- If you have any of the signs and symptoms of Marburg, go to your nearest health facility or community health worker right away.
 - Getting early treatment can save lives.
 - Getting early treatment can also protect your family and loved ones from getting sick.
- If you have signs and symptoms of Marburg, make sure to tell your health worker if you have had recent contact with a bat or spent time in an area where bats live, like a cave.
- If a person gets sick or dies after contact with a bat, go to your nearest health facility or community health worker and tell them about the contact with a bat.
- If a person gets sick or dies after contact with a bat, do not touch the person, their body fluids, or any items they or their body fluids have touched.
- Call 117 to report all deaths.

RABIES

ABOUT RABIES

- Rabies is a sickness that can make people and animals sick.
- Rabies is a very serious sickness and causes death without early treatment.
- Once the signs and symptoms of rabies begin to show, it is too late for treatment. That is why it is so important to go to your nearest health facility or community health worker right away after an animal bite.
- Rabies is not known to spread from person to person.
- Rabies is spread through the spit of an animal with rabies usually when that animal bites or scratches another animal or person.
- Rabies can also enter a person's body through the mouth or nose, or through small cuts or openings in the skin. This can happen when an animal with rabies licks a person's skin or face, but it is very uncommon.
- Any animal that has hair can get and spread rabies, including dogs, cats, squirrels, and bats.
- In Sierra Leone, rabies is most commonly spread to people from a dog bite.
- Not all dogs or animals that bite have rabies. Dogs and other animals can bite for many different reasons, like when they are afraid or are protecting their food or their young.
- All animal bites and scratches, even small ones, should be taken seriously.
- Dogs and other animals are not born with rabies.
- Dogs and other animals do not get rabies at a certain age.
- Dogs and other animals can only get rabies from an animal with rabies.
- Not all stray dogs or wild animals have rabies.

SIGNS AND SYMPTOMS OF RABIES IN ANIMALS

- The length of time from when rabies enters an animal's body to when the animal starts to show signs and symptoms of rabies ranges from a few days to several months.
- The signs and symptoms of rabies in animals include:
 - Acting mad/craze
 - Trying to bite other animals or people without fear

- Having plenty spit or foaming at the corners of the mouth
 - A change in the way the animal sounds
 - Having a hard time eating or swallowing
- A skin rash is not a sign and symptom of rabies.
- Once an animal shows the signs and symptoms of rabies, it will die.
- An animal will show signs and symptoms of rabies ranging from 1 to 7 days before it dies.

SIGNS AND SYMPTOMS OF RABIES IN PEOPLE

- The length of time from when rabies enters a person's body to when the person starts to show signs and symptoms of rabies ranges from a few days to as long as one year.
 - Because the length of time is different for each person and once signs and symptoms of rabies show, the person will die, it is important to go to a health facility or community health worker right away after an animal bite.
- Once a person starts to show signs and symptoms of rabies, they will not survive. That is why it is so important for anyone with an animal bite to go to the nearest health facility or community health worker right away.
- The signs and symptoms of rabies in people include:
 - Fever
 - Headache
 - Pain or an unusual tingling feeling around the bite
 - Being unusually active
 - Acting angry, easily annoyed, depressed, confused, nervous
 - Seeing things that are not really there
 - Fear of water
 - Feeling disturbed by air or light
 - Unable to move parts of the body
- A person with rabies usually dies within a few days after they show signs and symptoms of the sickness.
- Take all animal bites and scratches seriously, even small ones, and do not wait for signs or symptoms before going to the health facility.
- Treatment before signs and symptoms protects you from rabies.

THE DIFFERENT WAYS RABIES IS SPREAD

- Rabies is spread through the spit of an animal with rabies, usually when that animal bites another animal or person.

- Rabies can also enter a person's body through the mouth or nose, or through small cuts or openings in the skin. This can happen when an animal with rabies scratches a person or licks a person's face or skin, but it is not common.
- Any animal that has hair can get and spread rabies, including dogs, cats, squirrels, and bats.
- Animals that do not have hair, like birds, snakes, lizards, and fish, cannot get rabies.
- In Sierra Leone, rabies is most commonly spread to people from the bite of a dog with rabies.
- It is possible for an animal with rabies to spread the sickness to another animal or a person before the animal shows signs and symptoms of rabies. Any animal bite or scratch, even small ones, should be taken very seriously.
- Rabies is not known to spread from person to person.

HOW TO PROTECT AGAINST RABIES

- In Sierra Leone, treatment to prevent rabies is in Freetown and can cost plenty money. This can make it difficult for people to get the treatment they need and in time to prevent rabies.
- The best thing we can do to protect against rabies is to avoid animal bites.

PREVENTING ANIMAL BITES IS THE BEST WAY TO AVOID RABIES

- If an animal shows signs and symptoms of rabies, avoid the animal and call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.
- Avoid dogs and other animals that are acting strangely.
- Avoid stray dogs and animals that you do not know, even if they look friendly.
- Protect your child's health. Children should not chase and kill dogs because they could be bitten or scratched or touch the dog's saliva.
- Protect your child's health. Do not send children into the roof to chase bats because they could be bitten or scratched or touch the body fluids of a bat.
- Dogs and other animals may bite for many reasons. For example, they might bite because they feel afraid or are trying to protect something that is theirs, like where they live, their owner, their young, or their food.
 - Leave dogs and other animals alone when they are sleeping, eating, or with their young.
 - Avoid dogs that are behind fences or tied up.
- When dogs are angry, they pull back their lips, show their teeth, growl, their hair stands on end and they keep their tail straight up in the air.

- When dogs show any of these signs, back away slowly and quietly and stay away.
- When dogs are afraid, they move backwards or try to run away, lick their faces, lower their tails, flatten their ears back and show their teeth.
 - When dogs show any of these signs, back away slowly and quietly and stay away.
- Treat dogs and other animals with kindness. Do not shout or throw things at them, kick or hit them, or pull their ears or tails.
- If approaching a dog, do so quietly and stay calm. Do not run from, chase, tease, or play roughly with dogs.
- Do not stare directly at dogs.
- Do not put your face near a dog's face or try to hug dogs.
- If you want to touch a dog, ask their owner for permission first.
- If you want to touch a dog, make sure it can see you and sniff your hand first, and only pet it on its back.
- Watch small children closely when they are playing with dogs.
- If a dog comes close to you:
 - Stand very still and quiet like a tree.
 - Keep your hands at your side.
 - Look at your feet.
 - If you fall over, curl up and stay as still and heavy as a rock.
 - Let the dog sniff you and when it walks away, you should walk slowly and quietly away.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- When possible, avoid animals that look sick and animals that you find dead.
- Do not touch with bare hands the body or body fluids, such as spit, of an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to us if we touch them or their body fluids.
- Never prepare or eat, sell, or give away an animal that showed signs or symptoms of rabies or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Do not let your pet or any animal lick your face or any breaks in the skins such as cuts, scratches, or sores.
- Always wash your hands and arms with soap and water immediately after any contact with an animal.

- Keeping a wild animal as a pet or bringing it into your house can make problems for the animal and your family. Leave wild animals to be wild.
- Wild animals do not normally let a person come close to it, so if one does, remember that something could be wrong with the animal.
- If an animal shows signs and symptoms of rabies, avoid the animal and call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.
- If you find any strange behavior or bites in your animals, separate those that have been bitten from the others and call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD ANIMALS SAFELY

- If a dog or other animal dies after showing signs and symptoms of rabies, avoid the animal and call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.
- If an animal health worker does not respond in one day to advise on how to dispose of a dead animal safely, it is important to dispose of the animal very carefully. Even if the animal looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To safely dispose of a dog or other animal that is found dead, carefully burn or deeply bury the dead animal far from where water is collected and where household activities take place.
- Burning a dead animal is best in areas with plenty people and where space is too small to safely bury the dead animal.
- To dispose of a dead animal safely, do not touch with bare hands the body or body fluids of the animal.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead animal to avoid touching the animal with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead animal to where you can burn or bury it deeply.
 - Burn or deeply bury the dead animal.

- If plastic bags are used, remove them carefully so that you do not touch any body fluids of the animal on the plastic. Burn or deeply bury the plastic bags along with the animal and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
 - Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead animal and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of sickness.
 - Never dig up a dead animal that has been buried.

TAKE GOOD CARE OF ANY ANIMAL BITE OR SCRATCH IMMEDIATELY

- Wash any animal bite or scratch immediately with soap and water 20 times (15 minutes).
- Washing a bite or scratch well with soap and water can help stop sickness spreading from an animal to a person.
- After washing a bite or scratch very well, go quickly to your nearest health facility or community health worker for advice and treatment.
- Getting early treatment to prevent rabies saves lives.
- To stop rabies in people, you must get treatment before signs and symptoms begin to show. Once a person starts to show signs and symptoms, they will not survive.
 - Vaccine to stop rabies in people is currently only available in Freetown. It is important to go to your nearest health facility right away after an animal bite so that, if needed, there is time to get the vaccine to stop rabies before signs and symptoms start to show.
 - Plans are underway to make the rabies vaccine for people available in all district health facilities.
- Rabies vaccine for people is available in Freetown from Central Medical Stores at New England.
- Tell a health worker, animal health worker, traditional healer, religious leader, or your chief about the animal that bit or scratched you and how you were bitten or scratched. This information can help health workers to learn more about the animal and help protect other people.

HOW TO PROTECT YOUR ANIMALS FROM RABIES

- Animal health is important for human health. Taking good care of our pets and livestock helps keep animals healthy which helps keep us, our families, and our communities healthy.
- All animals need enough food and water, exercise, kind treatment, and a safe, clean place to stay.
- Keep animals in the yard or closed area. Animals that roam freely are more likely to come in contact with sicknesses from other animals and can then spread the sicknesses to other animals, our families, or our communities.
- There is a rabies vaccine for dogs and cats that can protect them from rabies.
- Giving your dog or cat the rabies vaccine keeps them from getting rabies and also protects you, your family, and other animals from getting rabies from them.
- Dogs and cats should be vaccinated for rabies after they turn two months old and once every year after that.
- Rabies vaccine for animals is available in Freetown from:
 - Sierra Leone Animal Welfare Society (SLAWS) at Congo Cross
 - Vetman animal pharmacy on Ross Road
- If you live outside of Freetown, contact your district livestock officer to find out how you can vaccinate your animal.
- If your cat or dog is not vaccinated and is bitten or scratched by another animal, tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- Getting early treatment to prevent rabies saves lives. To stop rabies, you must get treatment before signs and symptoms begin to show.
 - Vaccine to stop rabies is currently only available in Freetown. It is important to go to your nearest health facility right away after an animal bite so that, if needed, there is time to get the vaccine to stop rabies before signs and symptoms start to show.
 - Plans are underway to make the rabies vaccine available in all district health facilities.
- Rabies vaccine for people is available in Freetown from Central Medical Stores at New England.
- If you have any of the signs and symptoms of rabies, go to your nearest health facility or community health worker right away.
- If you have signs and symptoms of rabies, make sure to tell your health worker if you have had recent contact with a dog or other animal.

- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.

BIRD FLU

ABOUT BIRD FLU

- Bird flu is a very serious sickness in birds that can also make people very sick.
- Bird flu is a sickness that all birds can get, including chickens, ducks, geese, turkeys, quail, and wild birds.
- Bird flu can spread very quickly between birds and cause large numbers of birds to die very quickly if not controlled.
- Bird flu does not easily spread from person to person, but it can cause death in people if it is not treated quickly.
- People that own or live near birds, work in a poultry market, or kill, defeather, butcher, or prepare birds for cooking, have more of a chance of getting bird flu.

SIGNS AND SYMPTOMS OF BIRD FLU IN ANIMALS

- We cannot always see the signs and symptoms of bird flu in birds.
- Sometimes birds, like ducks or geese, may not show any signs and symptoms of having bird flu, but can still spread the sickness to other birds and people.
- Because some birds do not show signs and symptoms of bird flu, you cannot know for sure which birds have the sickness. That is why it is important to be careful with all birds.
- Signs and symptoms of bird flu in birds include:
 - Sudden death of many birds
 - Watery diarrhea
 - Birds are unbalanced, walk unevenly or sit with head down
 - Serious drop in egg production
 - Lack of energy and appetite
- In birds, bird flu can cause death as quickly as in two days after signs and symptoms show.

SIGNS AND SYMPTOMS OF BIRD FLU IN PEOPLE

- The length of time from when bird flu enters a person's body to when the person starts to show signs and symptoms of bird flu ranges from one to 17 days.
- The signs and symptoms of bird flu in people include:
 - Fever

- Tiredness
 - Cough or sore throat
 - Hard time breathing
 - Eye redness
 - Muscle, chest, and stomach pain
 - Nausea, vomiting, diarrhea
 - Seizures/shaking
- Many of the signs and symptoms of bird flu in people are like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.

THE DIFFERENT WAYS BIRD FLU IS SPREAD

- Bird flu lives in the toilet, spit, and snot of sick birds.
- Bird flu can live on surfaces, like tables or baskets, grass, or knives for hours and in the environment for days.
- Bird flu spreads easily between animals when they are kept closely together.
- Sick birds spread the sickness in their area and to other birds directly when they shake their heads, scratch, flap their wings, and toilet.
- Any person who comes into close contact with sick or dead birds may be in danger of bird flu.
- Bird flu can spread from an animal to a person through:
 - Touching an animal that has bird flu and then touching your eyes, nose, or mouth.
 - Touching the toilet, snot, or spit of an animal that has bird flu and then touching your eyes, nose, or mouth.
 - Touching items and surfaces that an animal that has bird flu or its body fluids have touched and then touching your eyes, nose, or mouth.
 - Eating uncooked or undercooked animal meat or animal products like eggs of an animal that has bird flu.
- Bird flu does not spread easily from person to person.
- Bird flu enters a person's body through the eyes, nose, or mouth.
- When bird flu is around, all the people who are around the birds or areas where they stay are at risk of bird flu, especially people who:
 - Keep live chickens, ducks, and geese in their backyards or houses.
 - Buy or sell live chickens, ducks, and geese or birds at markets.
 - Transport or sell live or dead chickens, ducks, and geese.
 - Kill, defeather, butcher, and prepare chickens, ducks, and geese.

- Eat raw or undercooked chicken, duck, and goose products.
- Clean the areas where chickens, ducks, and geese are kept, including their toilet, spit, snot, feathers, and water contaminated with their toilet, spit, snot, and feathers (like waste water from a live poultry market or a slaughtering facility).
- Most people that get bird flu get it from handling, killing, defeathering, butchering, or preparing birds that are sick.

HOW TO PROTECT AGAINST BIRD FLU

- There are actions we can take to protect ourselves and our families from bird flu.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD BIRDS

- When possible, avoid birds that look sick and those that you find dead.
- Do not touch with bare hands the body or body fluids, such as toilet, snot, and spit, of a bird that looks sick or that you find dead. Sick birds and birds we find dead can spread their sickness to us if we touch them or their body fluids.
- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away any bird that looks sick or that you find dead. Sick birds and birds we find dead can spread their sickness to those who touch them.
- If there is an outbreak of bird flu, avoid areas where chickens, ducks, and geese are kept, transported, sold, killed, butchered, or prepared.
- Always wash your hands and arms with soap and water immediately after any contact with a bird, even if it looks healthy, because we cannot always see the signs and symptoms of bird flu.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any bird that looks sick or that you find dead.
- When you talk to an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief, tell them:
 - The types of birds that became sick or died.
 - The number of sick or dead birds and how many birds you have overall.
 - The signs and symptoms of sickness of the birds.
 - If you noticed wild birds in the area, and if so, if they appeared sick.
 - If you recently brought live birds or other live animals home from the market or another farm, and if so, where the market or farm was located.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about a bird that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD BIRDS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead bird safely, it is important to dispose of the bird very carefully. Even if the bird looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead bird safely, carefully burn or deeply bury the dead bird far from where water is collected and where household activities take place.
- Burning a dead bird is best in areas with plenty people and where space is too small to safely bury the dead bird.
- To dispose of a dead bird safely, do not touch with bare hands the body or body fluids of the bird.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead bird to avoid touching the bird with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead bird to where you can burn or bury it deeply.
 - Burn or deeply bury the dead bird.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the bird on the plastic. Burn or deeply bury the plastic bags along with the bird and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
 - Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead bird and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with a bird, even if it looks healthy, because we cannot always see the signs and symptoms of bird flu.
- Never dig up a dead bird that has been buried.

PROTECT YOURSELF WHEN KILLING OR BUTCHERING A BIRD

- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away a bird that looks sick or that you find dead. Sick birds and birds we find dead can spread their sickness to those who touch them.

- Always wash your hands and arms with soap and water before and immediately after killing or butchering a bird, even if it looks healthy, because we cannot always see the signs and symptoms of bird flu.
- Wash any tools you use to kill or butcher a bird with soap and water or disinfectant before and after their use. This helps keep sickness from spreading to you and others.
- Covering your skin, eyes, nose, and mouth when killing or butchering a bird, even if the bird looks healthy, can help stop any sickness the bird may have from entering your body.
 - If gloves are available, wear rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves are used, after killing or butchering a bird, wash the gloves well with soap and water while they are still on your hands.
 - Wash any tools used to kill or butcher a bird with soap and water or disinfectant. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.

REDUCE BIRDS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Chickens, ducks, and geese should be kept in an animal pen away from your house.
- Keep animals like chickens, ducks, and geese out of the house. Close contact with chickens, ducks, and geese and their toilet, snot, or spit can make it easier for bird flu to spread from birds with the sickness to us and our families.
- If you must bring birds indoors, keep them away from where the family sleeps and eats. Sleeping with or eating near birds can allow sickness from a bird to easily spread to us and our families.
- Keep birds brought indoors in a bag, basket, or covered cage, so they cannot roam freely.
- Keep the house area as clean as possible to help stop birds and unwanted animals from visiting your house.
- Keep your house in good repair to make it difficult for birds and unwanted animals to enter.
- Clean and sweep the house every day that chickens, ducks, or geese have been inside. Close contact with birds and their toilet, snot, or spit can make it easier for bird flu to spread from birds with the sickness to us and our families.
- When sweeping your house after chickens, ducks, or geese have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.

- Clear away dirt in and around the house and throw it away far from the house.
- Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where birds have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any bird toilet, snot, or spit.
- Keep food and water in covered containers that birds cannot enter and away from where people sleep. This helps to avoid close contact with birds and stop birds and other animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from birds and their wet or toilet.
- Keeping a wild bird as a pet or bringing it into your house can make problems for the bird and your family. Leave wild animals to be wild.
- Wild animals do not normally let a person come close to it, so if one does, remember that something could be wrong with the animal.

WASH YOUR HANDS AFTER ANY CONTACT WITH BIRDS

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching or butchering a bird, handling bird meat or products, and cleaning areas where birds have been are some of the best ways we can stop the spread of sickness from a bird to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any bird – even if the bird looks healthy. We cannot always see the signs and symptoms of bird flu.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal, including birds.
 - After disposing of a dead animal, including birds.
 - Before entering and after leaving an area where animals, such as birds, have been or are kept.
 - After touching animal waste or cleaning an area where animals, such as birds, have been or are kept.

- Before and after killing or butchering an animal, including birds.
- Before and after touching raw animal parts or animal products like milk or eggs.
- Before, during, and after preparing food.
- Before eating food.
- Before feeding a child.
- After using the toilet.
- After changing diapers or cleaning a baby's bottom.
- After blowing your nose, coughing, or sneezing.
- Before and after visiting or caring for someone who is sick.
- Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Bird flu can spread from birds to people when we touch or eat a bird with bird flu or when we touch, eat, or drink something that has the toilet, snot, or spit of a bird with bird flu on or in it.
- Eat and drink away from animals and areas where animals are kept.
- Keep birds away from areas where food or drink is stored, prepared, or eaten.
- Do not eat fruit or food that has been bitten by any animal, including birds.
 - Do not eat any part of the bitten fruit or food.
 - Do not give the bitten fruit or food to an animal to eat.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where birds and other animals can touch it or areas where bird toilet, snot, or spit has touched.
- Keep food and water in covered containers that birds cannot enter and away from where people sleep. This helps to avoid close contact with birds and stop birds and other animals from visiting and eating and drinking your food and water.
- Always use a clean cup to collect water from a container so that your hands do not touch the water. Dirty cups and hands can spread sickness to the water and then other people.

- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from birds and their toilet, snot, or spit.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- Wash hands with soap and water before and after touching raw animal products such as chicken, duck, goose, and eggs.
- Keep raw chicken, duck, goose and other animal products away from fruits and vegetables and cooked foods.
- Wash all surfaces and items used to prepare food with soap and water immediately after they have been in contact with any animal parts or products including skin, feathers, guts, and raw chicken, duck, goose or eggs.
- Cook food well to help stop the spread of any sickness. Food should be hot to the touch all the way through.
 - Chicken, duck, goose, and other birds should be cooked until no pink is left.
 - Eat and drink only cooked milk and eggs. Boil or fry eggs until they are cooked solid.
 - Bring foods like soups, stews, and “plasas” to boiling before eating.
 - Eat food while it is hot.
 - Reheat cooked food very hot.
- To keep your family and friends healthy, do not prepare food when you are sick.

KEEP BIRD AREAS CLEAN

- Bird flu in birds can be spread through their body fluids, such as toilet, spit, or snot. In areas where birds visit or are kept, the body fluids of a bird with bird flu can spread easily to other birds or live on surfaces that can spread to other birds and people who touch them.
- Chickens, ducks, and geese should be kept in an animal pen away from your house.
- Clean or sweep bird toilet and feathers from the yard and bird pen frequently to help stop the spread of bird flu to other birds or to people.
- Burn or deeply bury bird toilet and other waste away from the bird pen, where food is grown, water sources, and places that people and animals visit often.
- In areas with plenty people and where space is small to burn or bury, put bird toilet and other waste in plastic or a covered bin until it can be collected and taken away.
- Clean areas and surfaces that have come into contact with birds or their toilet, snot, or spit with soap and water.

- Clean any tools or items used to care for birds, like cages or food and water containers, outside of the house.
- We can help stop bird flu from entering our body when cleaning areas where birds visit or are kept by covering our skin, eyes, nose, and mouth.
 - If gloves are available, wear rubber gloves to protect your hands. Wash the rubber gloves well with soap and water before removing. Then wash your hands and arms immediately with soap and water.
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter. Wash the glasses and mask or cloth with soap and water immediately after removing.
- Always wash your hands and arms with soap and water immediately after cleaning an area where birds have been or are kept.
- Have a separate set of shoes and clothes that you use just for working in animal areas. Wash them frequently.
- Remove your shoes and clothes as soon as possible after leaving animal areas and keep them outside of the house. Wash the shoes and clothes before wearing them again.
- Wash the wheels of bicycles, motorcycles, or other vehicles with soap and water as soon as possible after leaving animal areas and especially before you go indoors.
- Clean any clothes, shoes, equipment like cages or shovels, and vehicle wheels with soap and water. Then wash your hands and arms immediately with soap and water.

HOW TO PROTECT YOUR BIRDS FROM BIRD FLU

- Animal health is important for human health. Taking good care of our chickens, ducks, geese, and other birds keep them healthy which helps keep us, our families, and our communities healthy.
- Keep chickens, ducks, and geese in the yard or closed area away from wild birds. Chickens, ducks, and geese that roam freely are more likely to come in contact with bird flu from wild birds and can then spread bird flu to other birds, our families, or our community.
- Keep chickens separate from other birds such as ducks and geese. Some birds, especially ducks, often do not show signs and symptoms of bird flu but can still spread bird flu to other birds.
- If you buy or get new birds, keep them separate from other birds for a period of three weeks while you watch the new birds for any signs and symptoms of sickness. This way you can make sure they are not sick with bird flu or any other sickness and do not spread any sickness to other birds.
- If your birds do not sell at the market, keep them separate from other birds for a period of three weeks while you watch them for any signs and symptoms of sickness. This way you can make

sure they did not come in contact with bird flu or any other sickness at the market that they might spread to other birds.

- If one or more of your birds get sick or dies, separate the sick or dead birds from the healthy ones to stop the spread of sickness and tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
 - Then wash anything that touched the birds, the area where the birds were kept, and your hands and arms immediately with soap and water.
- If you hear of an outbreak of an animal sickness nearby, tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
- To keep you and your animals safe, do not move or sell your birds if you hear of an outbreak of bird flu nearby.
- Do not throw dead birds or their waste into any water source or left in the yard or open field.
- Keep chickens, ducks, and geese away from any source of water that could have been infected by wild birds.
- Do not use bird toilet as fertilizer unless it is composted first.
- Composting should be done in a secure area – such as an enclosed shed – that birds, cats, dogs, pigs and other animals couldn't access. It should be away from where people live, with at least 1 meter of ground between the pile and any water source (any run-off water from the decomposing material should be collected and treated).

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH A BIRD

- If you have any of the signs and symptoms of bird flu, go to your nearest health facility or community health worker right away.
 - Getting early treatment for bird flu can save lives.
 - Getting early treatment can also protect your family and loved ones from getting bird flu.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of bird flu, make sure to tell your health worker if you have had recent contact with any birds or spent time in an area where birds live, visit, or are kept.
- If a person gets sick or dies after contact with a bird, do not touch the person, their body fluids such as toilet, snot, and spit, or any items they or their body fluids have touched.
- Touching the body of a sick or dead person, their body fluids, or items they or their body fluids touched can spread sickness to other people.

- If a person gets sick or dies after contact with a bird, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with a bird can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.
- Cough or sneeze into your upper arm or sleeve. To help keep others safe from sickness, wash your hands afterward.

PIG FLU

ABOUT PIG FLU

- Pig flu is a sickness that can make people and other pigs sick.
- Pig flu can make pigs and people very sick, but death is not common.
- Pig flu can spread very quickly from pig to pig when they are in close contact with one another.
- Pig flu can spread from pig to person through close contact with pigs with pig flu.
- Pig flu does not easily spread from person to person.

SIGNS AND SYMPTOMS OF PIG FLU IN PIGS

- The length of time from when pig flu enters a pig's body to when the pig starts to show signs and symptoms of pig flu ranges from one to three days.
- Some pigs do not show the signs and symptoms of pig flu but can still spread the sickness to other pigs and to people.
- Because some pigs do not show signs and symptoms of pig flu, you cannot know for sure which pigs have the sickness. That is why it is important to be careful with all pigs.
- Signs and symptoms of pig flu in pigs include:
 - Fever
 - Depression
 - Discharge from the nose or eyes
 - Breathing difficulties
 - Not eating
- The signs and symptoms of pig flu usually last three to seven days.

SIGNS AND SYMPTOMS OF PIG FLU IN PEOPLE

- The length of time from when pig flu enters a person's body to when the person starts to show signs and symptoms of pig flu ranges from two to seven days.
- Signs and symptoms of pig flu in people include:
 - Fever
 - Cough
 - Sore throat
 - Generalized body pain

- Headache
- Feeling tired
- Lack of appetite
- Runny or stuffy nose
- Eye irritation
- Vomiting
- Diarrhea

THE DIFFERENT WAYS PIG FLU IS SPREAD

- Pig flu can spread from pigs to people through:
 - Getting pig flu in the nose or mouth after a pig with pig flu coughs or sneezes.
 - Touching items or surfaces with pig flu on them and then touching your eyes, nose, or mouth.
 - Breathing it in from the air after a pig with pig flu coughs or sneezes.
- Pig flu can spread from person to person through:
 - Getting pig flu in the nose or mouth after a person with pig flu cough or sneezes.
 - Touching items or surfaces with pig flu on them and then touching your eyes, nose, or mouth.
 - Breathing it in from the air after a person with pig flu coughs or sneezes.
- Close contact with pigs and their body fluids can make it easier for pig flu to spread from pigs with the sickness to you and your family.
- People most likely to get pig flu are people that work closely with pigs.
- Pigs with pig flu can spread the sickness to other pigs as quickly as one day and up to ten days after they get the sickness.
- Once pig flu has entered a herd of pigs, the sickness can stay in the herd and cause outbreaks now and then. Once pig flu is found on a farm, it can be very difficult to get rid of completely.

HOW TO PROTECT AGAINST PIG FLU

- There are actions we can take to protect ourselves and our families from pig flu.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD PIGS

- When possible, avoid pigs that look sick and pigs that you find dead.

- Do not touch with bare hands the body or body fluids, such as snot or spray from a cough or sneeze, of a pig that looks sick or that you find dead. Sick pigs and pigs we find dead can spread their sickness to us if we touch them or their body fluids.
- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away a pig that looks sick or that you find dead. Sick pigs and pigs we find dead can spread their sickness to those who touch them.
- If there is an outbreak of pig flu, avoid areas where pigs are kept, transported, sold, killed, butchered, or prepared.
- Always wash your hands and arms with soap and water immediately after any contact with a pig, even if it looks healthy, because we cannot always see the signs and symptoms of pig flu.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about a pig that looks sick or that you find dead.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about a pig that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD PIGS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead pig safely, it is important to dispose of the pig very carefully. Even if the pig looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead pig safely, carefully burn or deeply bury the dead pig far from where water is collected and where household activities take place.
- Burning a dead pig is best in areas with plenty people and where space is too small to safely bury the dead pig.
- To dispose of a dead pig safely, do not touch with bare hands the body or body fluids of the pig.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead pig to avoid touching the pig with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead pig to where you can burn or bury it deeply.
 - Burn or deeply bury the dead pig.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the pig on the plastic. Burn or deeply bury the plastic bags along with the pig and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.

- Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead pig and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
- Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
- Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with a pig, even if it looks healthy, because we cannot always see the signs and symptoms of pig flu.
- Never dig up a dead pig that has been buried.

PROTECT YOURSELF WHEN KILLING OR BUTCHERING A PIG

- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away a pig that looks sick or that you find dead. Sick pigs and pigs we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water before and immediately after killing or butchering a pig, even if it looks healthy, because we cannot always see the signs and symptoms of pig flu.
- Wash any tools you use to kill or butcher a pig with soap and water or disinfectant before and after their use. This helps keep sickness from spreading to you and others.
- Covering your skin, eyes, nose, and mouth when killing or butchering a pig, even if the pig looks healthy, can help stop any sickness the pig may have from entering your body.
 - If gloves are available, wear rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves are used, after killing or butchering a pig, wash the gloves well with soap and water while they are still on your hands.
 - Wash any tools used to kill or butcher a pig with soap and water or disinfectant. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.

REDUCE PIGS IN YOUR HOME AND KEEP THE HOUSE CLEAN

- Pigs should be kept in an animal pen away from your house.

- Keep animals like pigs out of the house. Close contact with pigs and their body fluids, such as snot or spray from a cough or sneeze, can make it easier for sicknesses to spread from pigs to us and our families.
- If you must bring pigs indoors, keep them away from where the family sleeps and eats. Sleeping with or eating near pigs can allow sickness from a pig to easily spread to us and our families.
- Keep pigs brought indoors in a covered cage, so they cannot roam freely.
- Clean and sweep the house every day that pigs have been inside. Close contact with pigs and their body fluids, such as snot or spray from a cough or sneeze, can make it easier for sicknesses to spread from pigs to you and your family.
- When sweeping your house after pigs have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.
 - Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where pigs have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any pig snot or spray from a cough or sneeze.
- Keep food and water in covered containers that pigs cannot enter and away from where people sleep. This helps to avoid close contact with pigs and stop pigs from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from pigs and their snot and spray from a cough or sneeze.

WASH YOUR HANDS AFTER ANY CONTACT WITH A PIG

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching or butchering a pig, handling pig meat or products, and cleaning areas where pigs have been are some of the best ways we can stop the spread of sickness from a pig to ourselves and our families.

- Always wash your hands with soap and water immediately after touching any pig – even if the pig looks healthy. We cannot always see the signs and symptoms of pig flu in pigs.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal, including pigs.
 - After disposing of a dead animal, including pigs.
 - Before entering and after leaving an area where animals, such as pigs, have been or are kept.
 - After touching animal waste or cleaning an area where animals, such as pigs, have been or are kept.
 - Before and after killing or butchering an animal.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Pig flu can spread from pigs to people when we touch something that has the snot or spray from a cough or sneeze of a pig with pig flu on it.
- Eat and drink away from pigs and areas where pigs are kept.
- Keep pigs away from areas where food or drink is stored, prepared, or eaten.
- Dry food on a clean surface and on high ground away from where pigs can touch it or areas

where pigs have been.

- Keep food and water in covered containers that pigs cannot enter and away from where people sleep. This helps to avoid close contact with pigs and stop pigs and other animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from pigs.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Always wash all fruits and vegetables with water before cooking or eating.
- To keep your family and friends healthy, do not prepare food when you are sick.

KEEP PIG AREAS CLEAN

- Pig flu in pigs can be spread through their body fluids, such as snot or spray from a cough or sneeze. In areas where pigs visit or are kept, the body fluids of a pig with pig flu can spread easily to other pigs or live on surfaces that can spread to other animals or people who touch them.
- Pigs should be kept in an animal pen away from your house.
- Clean the animal pen frequently to help stop the spread of any sickness to other pigs or to people.
- Clean areas and surfaces that have come into contact with pigs with soap and water.
- Clean any tools or items used to care for pigs, like cages or food and water containers, outside of the house.
- We can help stop pig flu from entering our body when cleaning areas where pigs visit or are kept by covering our skin, eyes, nose, and mouth.
 - If gloves are available, wear rubber gloves to protect your hands. Wash the rubber gloves well with soap and water before removing. Then wash your hands and arms immediately with soap and water.
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so pig flu cannot enter. Wash the glasses and mask or cloth with soap and water immediately after removing.
- Always wash your hands and arms with soap and water immediately after cleaning an area where pigs have been or are kept.
- Remove your shoes and clothes as soon as possible after leaving pig areas and keep them outside of the house. Wash the shoes and clothes before wearing them again.

- Have a separate set of shoes and clothes that you use just for working in pig areas. Wash them frequently.
- Wash the wheels of bicycles, motorcycles or other vehicles with soap and water as soon as possible after leaving pig areas and especially before you go indoors.
- Clean any clothes, shoes, equipment like cages or shovels, and vehicle wheels with soap and water. Then wash your hands and arms immediately with soap and water.

HOW TO PROTECT YOUR PIGS FROM PIG FLU

- Animal health is important for human health. Taking good care of our pigs helps keep them healthy which helps keep us, our families, and our communities healthy.
- Pigs need enough food and water, exercise, kind treatment, and a safe, clean place to stay.
- Pigs should be kept in an animal pen away from your house. Pigs that roam freely are more likely to come in contact with sicknesses from other pigs or other animals and can then spread the sicknesses to other animals, your family, or your community.
- Clean the animal pen frequently to help prevent the spread of pig flu to other pigs.
- Always wash your hands and arms with soap and water immediately after cleaning an area where pigs have been or are kept.
- If one or more of your pigs get sick or dies, separate the sick or dead pigs from the healthy ones to stop the spread of sickness. Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
 - Then wash anything that touched the pigs, the area where the pigs were kept, and your hands and arms immediately with soap and water.
- If you buy or get new pigs, keep them separate from other pigs for a period of three weeks while you watch the new pigs for any signs and symptoms of sickness. This way you can make sure they are not sick with pig flu or any other sickness and do not spread any sickness to other pigs.
- If your pigs do not sell at the market, keep them separate from other pigs for a period of three weeks while you watch them for any signs and symptoms of sickness. This way you can make sure they did not come in contact with pig flu or any other sickness at the market that they might spread to other pigs.
- If you hear of an outbreak of an animal sickness nearby, tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
- To keep you and your animals safe, do not move or sell your pigs if you hear of an outbreak of pig flu nearby.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH A PIG

- If you have any of the signs and symptoms of pig flu, go to your nearest health facility or community health worker right away.
 - Getting early treatment for pig flu can save lives.
 - Getting early treatment can also protect your family and loved ones from getting pig flu.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of pig flu, make sure to tell your health worker if you have had recent contact with a pig or spent time in an area where pigs live, visit, or are kept.
- If a person gets sick or dies after contact with a pig, do not touch the person, their body fluids such as wet, toilet, blood, and spit, or any items they or their body fluids have touched.
- Touching the body of a sick or dead person, their body fluids, or items they or their body fluids touched can spread sickness to other people.
- If a person gets sick or dies after contact with a pig, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with a pig can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.
- Cough or sneeze into your upper arm or sleeve. To help keep others safe from sickness, wash your hands afterward.

ANTHRAX

ABOUT ANTHRAX

- Anthrax is a sickness that can make people and animals sick.
- Anthrax sickness in people and animals ranges from not too serious to very serious and even death.
- A person can get anthrax from an animal in two ways.
 - One way is through an opening in the skin, like a cut, scrape, or sore.
 - Another way is through the mouth by eating or drinking something with anthrax or by touching something that has anthrax and then touching your mouth.
- Anthrax can cause different types of signs and symptoms in people depending on how it enters a person's body.
- Anthrax does not easily spread from person to person and is very uncommon.
- If a person sick with anthrax does not get early treatment, the sickness can get worse and the person can die.

SIGNS AND SYMPTOMS OF ANTHRAX IN ANIMALS

- The length of time from when anthrax enters an animal's body to when the animal starts to show signs and symptoms of anthrax ranges from one day to three weeks.
- Signs and symptoms of anthrax in animals include:
 - Hard time breathing
 - Sudden death
 - Bleeding from body openings after death
 - Swollen dead body of an animal
 - Dead body of animal does not get stiff

SIGNS AND SYMPTOMS OF ANTHRAX IN PEOPLE

- The length of time from when anthrax enters a person's body to when the person starts to show signs and symptoms of anthrax ranges from one day to two months.
- Anthrax can cause different types of signs and symptoms in people depending on how it enters a person's body.

- Anthrax through the skin is the most common type of anthrax in people. Signs and symptoms of anthrax through the skin include:
 - An itchy bump that looks like an insect bite that quickly changes into a painless sore with a black center. Most times it is on the face, neck, arms, or hands
 - Swelling around the sore
- Anthrax through the mouth is not common in people. Signs and symptoms of anthrax through the mouth include:
 - Vomiting
 - Bloody diarrhea
 - Loss of appetite
 - Fever
 - Headache
 - Sore or harsh throat and difficulty swallowing
 - Swollen neck
 - Red face and eyes
 - Fainting
 - Swelling of stomach
- The signs and symptoms of anthrax through the skin usually start to get better after 10 days but can take many weeks to go away completely.

THE DIFFERENT WAYS ANTHRAX IS SPREAD

- Anthrax is naturally present in soil, where it can survive for many years. Anthrax can also live on the wool or hair of an animal with anthrax.
- Anthrax is most commonly found in grazing animals including sheep, cattle, horses, and goats.
- Anthrax can spread from an animal to a person through:
 - Touching an animal or animal products that have anthrax.
 - Eating uncooked or undercooked animal beef or other animal products like milk or eggs that has anthrax.
- Anthrax from an animal enters a person's body through a break in the skin such as a cut or scrape or through the mouth.
- People most likely to get anthrax are people that work closely with animals and animal products, such as livestock owners or butchers, are at higher risk of getting anthrax.
- Anthrax does not easily spread from person to person and is very uncommon.

HOW TO PROTECT AGAINST ANTHRAX

- There are actions we can take to protect ourselves and our families from anthrax.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- When possible, avoid animals that look sick and animals that you find dead.
- Do not touch with bare hands the body or body fluids, such as wet, toilet, blood, and spit, of an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to us if we touch them or their body fluids.
- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water immediately after any contact with an animal.
- If you think an animal may have died of anthrax, do not open the body of the dead animal. Call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD ANIMALS SAFELY

- If you think an animal may have died of anthrax, do not open the body of the dead animal. Avoid touching the animal and call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.
- An animal that has died of anthrax needs to be burned down to ashes or buried in a special way so that it cannot spread anthrax to other animals or people. Call an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief immediately for advice.
- Never dig up a dead animal that has been buried.
- Always wash your hands and arms with soap and water immediately after any contact with an animal.

PROTECT YOURSELF WHEN KILLING OR BUTCHERING AN ANIMAL

- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water before and immediately after killing or butchering an animal.
- Wash any tools you use to kill or butcher an animal with soap and water or disinfectant before and after their use. This helps keep sickness from spreading to you and others.
- Covering your skin, eyes, nose, and mouth when killing or butchering an animal, even if the animal looks healthy, can help stop any sickness the animal may have from entering your body.
 - If gloves are available, wear rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves are used, after killing or butchering an animal, wash the gloves well with soap and water while they are still on your hands.
 - Wash any tools used to kill or butcher an animal with soap and water or disinfectant. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- When butchering an animal, if you notice the blood does not clot, the animal might have anthrax. Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief for advice.

WASH YOUR HANDS AFTER ANY CONTACT WITH AN ANIMAL

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching or butchering an animal, handling animal meat or products, and cleaning areas where animals have been are some of the best ways we can stop the spread of sickness from an animal to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any animal – even if the animal looks healthy.
- Adults should help or make sure young children wash their hands well.

- Wash your hands with soap and water:
 - After touching any animal.
 - After disposing of a dead animal.
 - Before entering and after leaving an area where animals have been or are kept.
 - After touching animal waste or cleaning an area where animals have been or are kept.
 - Before and after killing or butchering an animal.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Anthrax can spread from animals to people when we touch or eat an animal with anthrax or when we touch, eat, or drink something that has the body fluids of an animal with anthrax on or in it.
- Eat and drink away from animals and areas where animals are kept.
- Keep animals away from areas where food or drink is stored, prepared, or eaten.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- Wash hands with soap and water before and after touching raw animal products such as beef or

milk.

- Keep raw beef and other animal products away from fruits and vegetables and cooked foods.
- Wash all surfaces and items used to prepare food with soap and water immediately after they have been in contact with any animal parts or products including skin, guts, and raw beef or milk.
- Cook food well to help stop the spread of any sickness. Food should be hot to the touch all the way through.
 - Beef should be cooked until no pink is left.
 - Eat and drink only cooked milk and eggs. Boil or fry eggs until they are cooked solid.
 - Bring foods like soups, stews, and “plasas” to boiling before eating.
 - Eat food while it is hot.
 - Reheat cooked food very hot.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- If you think you may have come in contact with anthrax or if you have any of the signs and symptoms of anthrax, go to your nearest health facility or community health worker right away.
 - Getting early treatment for anthrax can save lives.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of anthrax, make sure to tell your health worker if you have had recent contact with any animal or spent time in an area where animals live, visit, or are kept.
- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.

PLAGUE

ABOUT PLAGUE

- Plague is a very serious sickness that can make people and animals sick.
- The insects that have plague live on small animals, mainly rats. Plague spreads from animal to animal when an insect with plague jumps from one animal to another and bites them.
- Plague most commonly spreads from an animal to a person through the bite of an insect with plague that is living on an animal with plague.
- Most people who get sick with plague cannot easily spread it from person to person. But if not treated early, plague can become more serious and then spread very easily from person to person. That is why it is important to go to a health facility for early testing and treatment for any fever.
- If an animal or person with plague does not get early treatment, the sickness can get worse and the animal or person can die.

SIGNS AND SYMPTOMS OF PLAGUE IN ANIMALS

- The length of time from when plague enters an animal's body to when the animal starts to show signs and symptoms of plague ranges from two to seven days.
- Signs and symptoms of plague in animals include:
 - Swollen head and neck area
 - Enlarged tonsils
 - Discharge from the eyes
 - Sores in the mouth
 - Coma

SIGNS AND SYMPTOMS OF PLAGUE IN PEOPLE

- The length of time from when plague enters a person's body to when the person starts to show signs and symptoms of plague ranges from one to seven days.
- If a person with plague does not get early treatment, the sickness can spread to the blood and lungs and make a person very sick and die. Signs and symptoms of plague in people include:
 - Fever
 - Chills
 - Headache
 - Body pain

- Vomiting
- Weakness
- Swollen and painful neck area
- Many of the signs and symptoms of plague are like those for malaria and typhoid, so it is important to go to a health facility for early testing and treatment for any fever.

THE DIFFERENT WAYS PLAGUE IS SPREAD

- Plague has been found mainly in animals in the rat family and the insects that live on them. Plague can also spread to other small animals that are bitten by those insects, such as cats.
- Plague can spread from an animal to a person through:
 - The bite of an insect that lives on an animal with plague.
 - Touching the body parts of an animal that has plague and then touching your eyes, nose, or mouth.
 - Touching the body fluids of an animal with plague and then touching your eyes, nose, or mouth.
- Close contact with animals with plague and touching dead animals with plague can make it easier for plague to spread from animals with the sickness to you and your family.
- People who get plague usually live in rural and semi-rural areas.
- Plague can be spread from person to person through:
 - Breathing in plague from the air from a person with plague.
- Plague enters a person's body through:
 - An insect bite.
 - The mouth, nose, or eyes.
 - Breathing it in.

HOW TO PROTECT AGAINST PLAGUE

- There are actions we can take to protect ourselves and our families from plague.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- Avoid areas where plague has been found.
- When possible, avoid animals that look sick and animals that you find dead.

- Do not touch with bare hands the body or body fluids, such as blood, of an animal that looks sick or that you find dead.
- Do not kill rats or any animal that you think may have plague. This can make the insect living on the animal to jump to a new animal or person and spread plague.
- Never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals you find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of plague.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD ANIMALS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead animal safely, it is important to dispose of the animal very carefully. Even if the animal looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead animal safely, carefully burn or deeply bury the dead animal far from where water is collected and where household activities take place.
- Burning a dead animal is best in areas with plenty people and where space is too small to safely bury the dead animal.
- To dispose of a dead animal safely, do not touch with bare hands the body or body fluids of the animal.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead animal to avoid touching the animal with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead animal to where you can burn or bury it deeply.
 - Burn or deeply bury the dead animal.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the animal on the plastic. Burn or deeply bury the plastic bags along with the animal and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.

- Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead animal and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
- Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
- Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of plague.
- Never dig up a dead animal that has been buried.

REDUCE ANIMALS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Keep the house area as clean as possible to help stop rats and other unwanted animals from visiting your house.
- Keep your house in good repair to make it difficult for rats and other unwanted animals to enter and make their home there.
- Clean and sweep the house every day that rats and other animals have been inside. Close contact with animals and their body fluids can make it easier for plague to spread from animals with the sickness to us and our families.
- When sweeping your house after rats have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.
 - Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where animals have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any animal wet and toilet.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats and other animals and stop animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their wet or toilet.

- Keeping a wild animal as a pet or bringing it into your house can make problems for the animal and your family. Leave wild animals to be wild.
- Wild animals do not normally let a person come close to it, so if one does, remember that something could be wrong with the animal.

WASH YOUR HANDS AFTER ANY CONTACT WITH AN ANIMAL

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching or butchering an animal, handling animal meat or products, and cleaning areas where animals have been are some of the best ways we can stop the spread of sickness from an animal to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any animal – even if the animal looks healthy. We cannot always see the signs and symptoms of plague.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal.
 - After disposing of a dead animal.
 - Before entering and after leaving an area where animals have been or are kept.
 - After touching animal waste or cleaning an area where animals have been or are kept.
 - Before and after killing or butchering an animal.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.

- Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse hands well with water.
- Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Plague can spread from animals to people when we touch an animal with plague or something that has the body fluids of an animal with plague on it.
- Eat and drink away from animals and areas where animals are kept.
- Do not eat fruit or food that has been bitten by an animal.
 - Do not eat any part of the bitten fruit or food.
 - Do not give the bitten fruit or food to an animal to eat.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where rats, cats, dogs, and other animals can touch it or areas where animal wet or toilet has touched.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats other animals and stop animals and other animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their wet or toilet.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- To keep your family and friends healthy, do not prepare food when you are sick.

HOW TO PROTECT YOUR ANIMALS FROM PLAGUE

- Animal health is important for human health. Taking good care of our pets and livestock helps keep animals healthy which helps keep us, our families, and our communities healthy.
- All animals need enough food and clean water, exercise, kind treatment, and a safe, clean place to stay.
- Keep animals in the yard or closed area. Animals that roam freely are more likely to come in contact with sicknesses from other animals and can then spread the sicknesses to other animals, our families, or our community.

- If you hear of an outbreak of an animal sickness nearby, tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- If you have any of the signs and symptoms of plague, go to your nearest health facility or community health worker right away.
 - Getting early treatment for plague can save lives.
 - Getting early treatment can also protect your family and loved ones from getting plague.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of plague, make sure to tell your health worker if you have had recent contact with any animal or spent time in an area where animals live, visit, or are kept.
- Keep a safe distance (at least two meters, or the length of outstretched arms) from a person that may be sick with plague.
- Cough or sneeze into your upper arm or sleeve. To help keep others safe from sickness, wash your hands afterwards.
- If a person gets sick or dies after contact with an animal, do not touch the person, their body fluids such as wet, toilet, blood, and spit, or any items they or their body fluids have touched.
- Touching the body of a sick or dead person, their body fluids, or items they or their body fluids touched can spread sickness to other people.
- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.

SALMONELLA

ABOUT SALMONELLA

- Salmonella is a sickness that can make people and animals sick.
- Salmonella most commonly spreads from an animal to a person by eating food that has salmonella.
- Salmonella can cause different types of sicknesses in people and animals ranging from not too serious to serious and even death.
- Salmonella sickness is not too serious for most people. Children younger than 5 years, adults older than 65 years, and people with weakened immune systems are more likely to get very sick from salmonella. To keep healthy, they should avoid handling animals and animal products such as eggs and take care to eat food that is always cooked very well.

SIGNS AND SYMPTOMS OF SALMONELLA IN ANIMALS

- We cannot always see the signs and symptoms of salmonella in animals.
- Many animals do not show any signs and symptoms of salmonella but can still spread the sickness to other animals and to people.
- Because many animals do not show signs and symptoms of salmonella, you cannot know for sure which animals have the sickness. That is why it is important to be careful with all animals.
- Signs and symptoms of salmonella in animals include:
 - Diarrhea that may have blood or mucus
 - Acting more tired than usual
 - Vomiting
 - Fever

SIGNS AND SYMPTOMS OF SALMONELLA IN PEOPLE

- The length of time from when salmonella enters a person's body to when the person starts to show signs and symptoms of salmonella ranges from six hours to three days.
- Signs and symptoms of salmonella in people include:
 - Fever
 - Diarrhea
 - Stomach pain
 - Nausea
 - Vomiting

- The signs and symptoms of salmonella usually last two to seven days.
- Most people recover from salmonella without treatment.
- Some people may have very serious diarrhea and need to go to a health facility.
- For people who have diarrhea from salmonella, it may take several months before their normal habit of toileting returns.

THE DIFFERENT WAYS SALMONELLA IS SPREAD

- Salmonella has been found in many domestic and wild animals, including chickens, geese, ducks, wild birds, cattle, goats, sheep, pigs, rabbits, cats, dogs, lizards, snakes, frogs, and rats.
- Salmonella can spread from an animal to a person through:
 - Eating an animal or animal products (e.g. eggs, milk) that has salmonella.
 - Touching an animal that has salmonella and then touching your eyes, nose, or mouth.
 - Touching the toilet of an animal that has salmonella and then touching your eyes, nose, or mouth.
 - Touching items that the toilet of an animal with salmonella have touched (e.g. fur, feathers, cage, bedding, surfaces, food) and then touching your eyes, nose, or mouth.
- Salmonella can spread from person to person through:
 - Touching the toilet or items with toilet on them of a person that has salmonella and then touching your mouth.
- Salmonella enters a person's body through the mouth, nose, or eyes.

HOW TO PROTECT AGAINST SALMONELLA

- There are actions we can take to protect ourselves and our families from salmonella.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- When possible, avoid animals that look sick and animals that you find dead.
- Do not touch with bare hands the body or body fluids, such as toilet, of an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to us if we touch them or their body fluids.
- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.

- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of salmonella.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD ANIMALS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead animal safely, it is important to dispose of the animal very carefully. Even if the animal looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead animal safely, carefully burn or deeply bury the dead animal far from where water is collected and where household activities take place.
- Burning a dead animal is best in areas with plenty people and where space is too small to safely bury the dead animal.
- To dispose of a dead animal safely, do not touch with bare hands the body or body fluids of the animal.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead animal to avoid touching the animal with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead animal to where you can burn or bury it deeply.
 - Burn or deeply bury the dead animal.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the animal on the plastic. Burn or deeply bury the plastic bags along with the animal and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
 - Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead animal and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.

- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of salmonella.
- Never dig up a dead animal that has been buried.

PROTECT YOURSELF WHEN KILLING OR BUTCHERING AN ANIMAL

- Animals are an important food source. To keep healthy, it is important to never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water before and immediately after killing or butchering an animal, even if it looks healthy, because we cannot always see the signs and symptoms of salmonella.
- Wash any tools you use to kill or butcher an animal with soap and water or disinfectant before and after their use. This helps keep sickness from spreading to you and others.
- Covering your skin, eyes, nose, and mouth when killing or butchering an animal, even if the animal looks healthy, can help stop any sickness the animal may have from entering your body.
 - If gloves are available, wear rubber gloves to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so any sickness cannot enter.
 - If rubber gloves are used, after killing or butchering an animal, wash the gloves well with soap and water while they are still on your hands.
 - Wash any tools used to kill or butcher an animal with soap and water or disinfectant. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.

REDUCE ANIMALS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Animals should be kept in an animal pen away from your house.
- Keep animals like chickens, goats, sheep, and pigs out of the house. Close contact with animals and their toilet can make it easier for salmonella to spread from animals with the sickness to us and our families.
- If you must bring animals indoors, keep them away from where the family sleeps and eats. Sleeping with or eating near animals can allow sickness from an animal to easily spread to us and our families.
- Keep animals brought indoors in a bag, basket, or covered cage, so they cannot roam freely.

- Keep the house area as clean as possible to help stop unwanted animals from visiting your house.
- Keep your house in good repair to make it difficult for unwanted animals to enter and make their home there.
- Clean and sweep the house every day that animals such as rats or chickens have been inside. Close contact with animals and their toilet can make it easier for salmonella to spread from animals with the sickness to us and our families.
- When sweeping your house after animals have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.
 - Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where animals have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any animal wet and toilet.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats and other animals and stop animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their toilet.
- Keeping a wild animal as a pet or bringing it into your house can make problems for the animal and your family. Leave wild animals to be wild.
- Wild animals do not normally let a person come close to it, so if one does, remember that something could be wrong with the animal.

WASH YOUR HANDS AFTER ANY CONTACT WITH AN ANIMAL

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.

- Washing our hands with soap and water after touching or butchering an animal, handling animal meat or products, and cleaning areas where animals have been are some of the best ways to stop the spread of sickness from an animal to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any animal – even if the animal looks healthy. We cannot always see the signs and symptoms of salmonella in animals.
- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal.
 - After disposing of a dead animal.
 - Before entering and after leaving an area where animals have been or are kept.
 - After touching animal waste or cleaning an area where animals have been or are kept.
 - Before and after killing or butchering an animal.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Salmonella can spread from animals to people when we touch, eat, or drink something that has the toilet of an animal with salmonella on it.
- Eat and drink away from animals and areas where animals are kept.

- Keep animals away from areas where food or drink is stored, prepared, or eaten.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where rats, cats, dogs, and other animals can touch it or areas where animal toilet has touched.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats and other animals and stop animals from visiting and eating and drinking your food and water.
- Always use a clean cup to collect water from a container so that your hands do not touch the water. Dirty cups and hands can spread sickness to the water and then other people.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their toilet.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- Wash hands with soap and water before and after touching raw animal products such as beef, chicken, milk, and eggs.
- Keep raw beef, chicken, and other animal products away from fruits and vegetables and cooked foods.
- Wash all surfaces and items used to prepare food with soap and water immediately after they have been in contact with any animal parts or products including skin, feathers, guts, and raw beef, chicken, milk, or eggs.
- Cook food well to help stop the spread of any sickness. Food should be hot to the touch all the way through.
 - Beef and chicken should be cooked until no pink is left.
 - Eat and drink only cooked milk and eggs. Boil or fry eggs until they are cooked solid.
 - Bring foods like soups, stews, and “plasas” to boiling before eating.
 - Eat food while it is hot.
 - Reheat cooked food very hot.
- To keep your family and friends healthy, do not prepare food when you are sick.

KEEP ANIMAL AREAS CLEAN

- Salmonella in animals can be spread through their body fluids, such as toilet. In areas where animals visit or are kept, the body fluids of an animal with salmonella can spread easily to other animals or live on surfaces that can be spread to other animals and people who touch them.

- The best way to prevent salmonella in animals is to keep animal areas clean, remove animal toilet, and throw it away safely.
- Clean or sweep animal toilet from the yard or animal pen frequently to help stop the spread of any sickness to other animals or to people.
- Burn or deeply bury animal toilet and other waste away from the animal pen, where food is grown, water sources, and places that people and animals visit often.
- In areas with plenty people and where space is small to burn or bury, put animal toilet and other waste in plastic or a covered bin until it can be collected and taken away.
- Clean areas and surfaces that have come into contact with animals or their toilet with soap and water.
- Clean any tools or items used to care for animals, like cages or food and water containers, outside of the house.
- We can help stop salmonella from entering our body when cleaning areas where animals visit or are kept by covering our skin, eyes, nose, and mouth.
 - If gloves are available, wear rubber gloves to protect your hands. Wash the rubber gloves well with soap and water before removing. Then wash your hands and arms immediately with soap and water.
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter. Wash the glasses and mask or cloth with soap and water immediately after removing.
- Always wash your hands and arms with soap and water immediately after cleaning an area where animals have been or are kept.
- Remove your shoes and clothes as soon as possible after leaving animal areas and keep them outside of the house. Wash the shoes and clothes before wearing them again.
- Have a separate set of shoes and clothes that you use just for working in animal areas. Wash them frequently.
- Wash the wheels of bicycles, motorcycles or other vehicles with soap and water as soon as possible after leaving animal areas and especially before you go indoors.
- Clean any clothes, shoes, equipment like cages or shovels, and vehicle wheels with soap and water. Then wash your hands and arms immediately with soap and water.

HOW TO PROTECT YOUR ANIMALS FROM SALMONELLA

- Animal health is important for human health. Taking good care of our pets and livestock helps keep animals healthy which helps keep us, our families, and our communities healthy.
- All animals need enough food and water, exercise, kind treatment, and a safe, clean place to

stay.

- Clean the animal pen frequently to help prevent the spread of salmonella to other animals.
- Keep animals in the yard or closed area. Animals that roam freely are more likely to come in contact with salmonella from other animals and can then spread the salmonella to other animals, our families, or our communities.
- If one or more of your animals get sick or dies, separate the sick or dead animals from the healthy ones to stop the spread of sickness. Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
 - Then wash anything that touched the animals, the area where the animals were kept, and your hands and arms immediately with soap and water.
- If you buy or get new animals, keep them separate from other animals for a period of three weeks while you watch the new animals for any signs any symptoms of sickness. This way you can make sure they are not sick with salmonella or any other sickness and do not spread any sickness to other animals.
- If your animals do not sell at the market, keep them separate from other animals for a period of three weeks while you watch them for any signs and symptoms of sickness. This way you can make sure they did not come in contact with salmonella or any other sickness at the market that they might spread to other animals.
- If you hear of an outbreak of an animal sickness nearby, tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief.
- To keep you and your animals safe, do not move or sell your animals if you hear of an outbreak of salmonella nearby.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- If you have any of the signs and symptoms of salmonella, go to your nearest health facility or community health worker right away.
 - Getting early treatment for salmonella can save lives.
 - Getting early treatment can also protect your family and loved ones from getting salmonella.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of salmonella, make sure to tell your health worker if you have had recent contact with any animal or spent time in an area where animals live, visit, or are kept.
- If a person gets sick or dies after contact with an animal, do not touch the person, their toilet, or any items they or their toilet have touched.
- Touching the body of a sick or dead person, their toilet, or items they or their toilet touched can

spread salmonella to other people.

- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.
- Wash your hands frequently with soap and water.

MONKEYPOX

ABOUT MONKEYPOX

- Monkeypox is a sickness that can make people and animals sick.
- Monkeypox is a sickness in people and animals that can range from not too serious to very serious.
- People most likely to get monkeypox are people that hunt, kill, butcher, and prepare animals such as squirrels, rats, mice, and monkeys.
- Monkeypox can make a person very sick, but death is not common.
- Children are most at risk of dying from monkeypox.
- Monkeypox does not easily spread from person to person.

SIGNS AND SYMPTOMS OF MONKEYPOX IN ANIMALS

- We cannot always see the signs and symptoms of monkeypox in animals.
- Even though monkeypox has the animal “monkey” in its name, it has been found in other animals in addition to monkeys. These other animals include squirrels, rats, and mice.
- Most animals do not show the signs and symptoms of monkeypox but can still spread the sickness to other animals and to people.
- Because many animals do not show signs or symptoms of monkeypox, you cannot know for sure which animals have the sickness. That is why it is important to be careful with all animals, including squirrels, rats, mice, and monkeys.

SIGNS AND SYMPTOMS OF MONKEYPOX IN PEOPLE

- The length of time from when monkeypox enters a person’s body to when the person starts to show signs and symptoms of monkeypox ranges from five to 21 days.
- Early signs and symptoms of monkeypox in people include:
 - Fever
 - Headache
 - Swelling of the neck and armpit
 - Back and muscle pain
 - Tiredness/low energy
 - Rash with large bumpy areas, particularly on the face and trunk (around the belly)

- Usually within one to three days after getting a fever, a person with monkeypox develops rash or bumps on the face and sometimes on other parts of the body. The bumps take around two to three weeks to dry and fall off.
- The signs and symptoms of monkeypox usually last for two to three weeks.

THE DIFFERENT WAYS MONKEYPOX IS SPREAD

- Even though monkeypox has the animal “monkey” in its name, it has been found in other animals in addition to monkeys. These other animals include squirrels, rats, and mice.
- People most likely to get monkeypox are people that hunt, kill, butcher, and prepare animals such as squirrels, rats, mice, and monkeys.
- Monkeypox can spread from an animal to a person through:
 - A bite or scratch from an animal that has monkeypox.
 - Touching the sores or body fluids of an animal that has monkeypox.
 - Touching items that the body fluids of an animal with monkeypox have touched.
- Monkeypox does not easily spread from person to person.
- Monkeypox can spread from person to person through:
 - Touching the rash that appears.
 - Touching the body fluids of a person who is sick or has died from monkeypox.
 - Touching items that a person who is sick with monkeypox or their body fluids touched.
 - Breathing in monkeypox from close contact with a person with monkeypox.
- Monkeypox enters a person’s body through:
 - An opening in the skin like a cut, scrape, or sore.
 - The mouth, nose, or eyes.
 - Breathing it in.

HOW TO PROTECT AGAINST MONKEYPOX

- There are actions we can take to protect ourselves and our families from monkeypox.

PROTECT YOURSELF AND OTHERS FROM SICK AND DEAD ANIMALS

- Squirrels, rats, mice, and monkeys can have different sicknesses, like monkeypox, and not show signs and symptoms of sickness, so it is important to avoid contact with all squirrels, rats, mice, and monkeys.

- Do not hunt, kill, butcher, prepare for cooking, or eat any squirrel, rat, mouse, or monkey, even if it looks healthy. Squirrels, rats, mice, and monkeys with monkeypox do not always show signs and symptoms of sickness, so it is important to avoid contact with all squirrels, rats, mice, and monkeys.
- When possible, avoid contact with squirrels, rats, mice, and monkeys.
- Do not touch with bare hands the body or body fluids, such as blood, of a squirrel, rat, mouse, or monkey. Animals with monkeypox do not always show signs and symptoms of sickness, but can spread their sickness to us if we touch them or their body fluids.
- Never prepare or eat, sell, or give away an animal that looks sick or that you find dead. Sick animals and animals we find dead can spread their sickness to those who touch them.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of monkeypox.
- Tell an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about any animal that looks sick or that you find dead. Even though animals do not always show signs and symptoms of monkeypox, a sick or dead animal may be a sign of some other sickness.
- Telling an animal health worker, community health worker, environmental officer, traditional healer, religious leader, or your chief about an animal that looks sick or that you find dead can help district authorities know about sicknesses before they become a problem for people.

DISPOSE OF DEAD ANIMALS SAFELY

- If an animal health worker does not respond in one day to advise on how to dispose of a dead animal safely, it is important to dispose of the animal very carefully. Even if the animal looks healthy, it is important to take care because we cannot always see the signs and symptoms of sickness.
- To dispose of a dead animal safely, carefully burn or deeply bury the dead animal far from where water is collected and where household activities take place.
- Burning a dead animal is best in areas with plenty people and where space is too small to safely bury the dead animal.
- To dispose of a dead animal safely, do not touch with bare hands the body or body fluids of the animal.
 - Wear rubber gloves or plastic bags to protect your hands. Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - If rubber gloves or plastic bags are not available, use banana leaves, cloth, or some other item to cover the dead animal to avoid touching the animal with your bare hands.
 - Use a shovel, wheelbarrow, or other tools to move the dead animal to where you can burn or bury it deeply.

- Burn or deeply bury the dead animal.
 - If plastic bags are used, remove them carefully so that you do not touch any body fluids of the animal on the plastic. Burn or deeply bury the plastic bags along with the animal and wash your hands and arms immediately with soap and water.
 - If rubber gloves are used, wash the gloves well with soap and water while they are still on your hands.
 - Pour soapy water or disinfectant over the shovel, wheelbarrow, or other tools used to move the dead animal and place the tools in the sun to dry. Then wash your hands and arms, or gloves if using them, immediately with soap and water.
 - Remove the glasses and mask or cloth from your face, wash them immediately with soap and water or disinfectant, and place them in the sun to dry.
 - Wash the rubber gloves well once more with soap and water and dispose of safely. Then wash your hands and arms immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after any contact with an animal, even if it looks healthy, because we cannot always see the signs and symptoms of monkeypox.
 - Never dig up a dead animal that has been buried.

TAKE GOOD CARE OF ANY ANIMAL BITE OR SCRATCH IMMEDIATELY

- Wash any animal bite or scratch immediately with soap and water 20 times (15 minutes).
- Washing a bite or scratch well with soap and water can help stop sickness spreading from an animal to a person.
- After washing a bite or scratch very well, go to your nearest health facility or community health worker for advice and treatment.
- Getting early treatment for any problem can save lives.
- When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.

REDUCE ANIMALS IN YOUR HOUSE AND KEEP THE HOUSE CLEAN

- Keep the house area as clean as possible to help stop unwanted animals from visiting your house. Close contact with animals and their body fluids such can make it easier for monkeypox to spread from animals with the sickness to us and our families.
- Keep your house in good repair to make it difficult for unwanted animals to enter and make their home there.

- Clean and sweep the house every day that rats and mice have been inside. Close contact with animals and their body fluids can make it easier for monkeypox to spread from animals with the sickness to us and our families.
- When sweeping your house after rats and mice have been in the house, always make sure to:
 - Cover your eyes with glasses and your nose and mouth with a mask or cloth so the sickness cannot enter.
 - Wet the floor with water before sweeping to keep dust from spreading in the air.
 - Clear away dirt in and around the house and throw it away far from the house.
 - Remove the glasses and mask or cloth from your face and wash them immediately with soap and water.
- Always wash your hands and arms with soap and water immediately after cleaning or sweeping an area where animals have been.
- Regularly wash the floors, mats, and walls; clothes and blankets; and all of the food and water covers and containers to remove any animal wet and toilet.
- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats, mice, and other animals and stop animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their wet or toilet.
- Keeping a wild animal as a pet or bringing it into your house can make problems for the animal and your family. Leave wild animals to be wild.
- Wild animals do not normally let a person come close to it, so if one does, remember that something could be wrong with the animal.

WASH YOUR HANDS AFTER ANY CONTACT WITH AN ANIMAL

- We use our hands for many things, so it is easy for sickness to spread when we touch something with the sickness and then touch our eyes, nose, mouth, another animal or person, food, and other things.
- Washing our hands with soap and water frequently is one of the best ways to keep healthy and help stop the spread of sickness.
- Washing our hands with soap and water after touching or butchering an animal, handling animal meat or products, and cleaning areas where animals have been are some of the best ways we can stop the spread of sickness from an animal to ourselves and our families.
- Always wash your hands with soap and water immediately after touching any animal – even if the animal looks healthy. We cannot always see the signs and symptoms of monkeypox in animals.

- Adults should help or make sure young children wash their hands well.
- Wash your hands with soap and water:
 - After touching any animal.
 - After disposing of a dead animal.
 - Before entering and after leaving an area where animals have been or are kept.
 - After touching animal waste or cleaning an area where animals have been or are kept.
 - Before and after killing or butchering an animal.
 - Before and after touching raw animal parts or animal products like milk or eggs.
 - Before, during, and after preparing food.
 - Before eating food.
 - Before feeding a child.
 - After using the toilet.
 - After changing diapers or cleaning a baby's bottom.
 - After blowing your nose, coughing, or sneezing.
 - Before and after visiting or caring for someone who is sick.
 - Before and after treating a cut, bite, or scratch.
- You can stop the spread of sickness by washing your hands well.
 - Soak your hands with water.
 - Use enough soap to cover all hand surfaces.
 - Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
 - Rinse hands well with water.
 - Dry your hands with a tissue or swing your hands to dry them in the air.

STORE AND PREPARE FOOD AND WATER SAFELY

- Monkeypox can spread from animals to people when we touch something that has the body fluids of an animal with monkeypox on it.
- Keep animals away from areas where food or drink is stored, prepared, or eaten.
- Do not eat fruit or food that has been bitten by an animal.
 - Do not eat any part of the bitten fruit or food.
 - Do not give the bitten fruit or food to an animal to eat.
- Always wash all fruits and vegetables with water before cooking or eating.
- Dry food on a clean surface and on high ground away from where squirrels, rats, mice, and monkeys can touch it or areas where their wet or toilet has touched.

- Keep food and water in covered containers that animals cannot enter and away from where people sleep. This helps to avoid close contact with rats, mice, and other animals and stop animals from visiting and eating and drinking your food and water.
- Keep your cooking area and all food, cups, spoon, trays, and all cooking items clean and away from animals and their wet or toilet.
- When preparing and cooking food, use clean surfaces, bowls, knives, spoons, forks, cups, and other items.
- Wash hands with soap and water before, during, and after preparing food.
- To keep your family and friends healthy, do not prepare food when you are sick.

WHAT TO DO IF SOMEONE GETS SICK OR DIES AFTER CONTACT WITH AN ANIMAL

- If you have any of the signs and symptoms of monkeypox, go to your nearest health facility or community health worker right away.
 - Getting early treatment for monkeypox can save lives.
 - Getting early treatment can also protect your family and loved ones from getting monkeypox.
 - When someone gets early care and treatment, he or she has a better chance at healing quickly and with fewer problems.
- If you have signs and symptoms of monkeypox, make sure to tell your health worker if you have had recent contact with any animal or spent time in an area where animals live, visit, or are kept.
- If a person gets sick or dies after contact with an animal, do not touch the person, their body fluids such as wet, toilet, blood, or spit, or any items they or their body fluids have touched.
- Touching the body of a sick or dead person, their body fluids, or items they or their body fluids touched can spread sickness to other people.
- If a person gets sick or dies after contact with an animal, go to your nearest health facility or community health worker or call 117.
- Telling a health worker about any sickness or death after contact with an animal can help district authorities find the reason for the sickness or death and can save the lives of others in Sierra Leone.
- Call 117 to report all deaths.
- Cough or sneeze into your upper arm or sleeve. To help keep others safe from sickness, wash your hands afterward.

PART 4: BOMBALI VIRUS

BOMBALI VIRUS

ABOUT BOMBALI VIRUS

In July 2018, the government of Sierra Leone announced the discovery of Bombali virus, a new ebolavirus named after the district where it was found in insect-eating bats. The results of the finding were [published](#) in the journal *Nature Microbiology* on August 24, 2018.

It is not yet known whether the Bombali virus can cause disease in humans; however, tests have shown the virus is capable of entering human cells. A team of scientists including ebolavirus experts are conducting further analysis to better understand the possible health risks of Bombali virus.

Because it is not yet known whether Bombali virus has spread into people or animals and how, practicing prevention behaviors included in the cross-cutting section may help to prevent the possibility of transmission.

The MOHS HED Communications Pillar together with MAF developed a Frequently Asked Questions material about the Bombali virus for distribution and community engagement following the announcement. The material can be found on the Knowledge Gateway [here](#).

PART 5: ADDITIONAL RESOURCES

HED MATERIAL SUBMISSION FORM

Review of draft materials is required for MOHS approval and endorsement.

1. Submit a draft of all materials along with a copy of this form for each individual material at least one week in advance of the review meeting.
2. Identify a representative to attend for presentation and discussion of the material. Direct materials and questions to:

Program Manager

Health Education Division, Directorate of Primary Health Care, MOHS

Central Medical Stores, New England

mohshpsl@gmail.com

Point of Contact

Date of submission:

Name:

Organization/Group:

Email address:

Phone number:

Material Type

1. Title of material:

2. Description of material:

() Radio spot/jingle

() Poster

() Banner

() Song

() Brochure

() SMS text

() Video

() Training tool

() Drama

() Job aid

() Other (please specify):

Intended Use

1. Who will use the material? Check all that apply:

() Health facility worker

() Volunteer

() Radio station

() Community health worker

() Religious leader

() Journalist/media

() Animal health worker

() Environmental officer

() Teacher

() Traditional birth attendant

() Government official (specify Ministry and level):

() Traditional leader or influencer (specify):

() Community group (specify):

2. How will the material be used?

3. Where will the material be used? Check all that apply:

() Nationally (all districts)

() In select districts (please specify below):

- | | | | |
|----------------------|---------------|---------------|---------------|
| ○ Northern Region: | () Bombali | () Kambia | () Koinadugu |
| | () Port Loko | () Tonkolili | |
| ○ North-west Region: | () Falaba | () Karene | |
| ○ Eastern Region: | () Kailahun | () Kenema | () Kono |
| ○ Southern Region: | () Bo | () Bonthe | () Moyamba |
| | () Pujehun | | |
| ○ Western Area: | () WA Urban | () WA Rural | |

Target Audience

1. Who is the target audience for the message?

Gender: () Female () Male

Age: () Youth/Teens () Adults () Elders

Role (specify):

Culture/Language group (if any):

Religion (if any):

2. Additional comments:

Field Testing

1. Has this document been field-tested?

() No

() Yes. Please provide a summary here of the results, including date and location:

2. Additional comments or information: