

“EBOLA VIRUS –A Review”

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Abstract

Ebola virus disease (EVD), formerly known as Ebola hemorrhagic fever, is a rare but severe, often fatal illness in humans. Virus is transmitted to people from animals and spread to population.

Keywords: Ebola, PPE, Infection.

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WHAT IS EBOLA VIRUS DISEASE?

A disease caused by the Ebola virus is a condition that is transmitted from animals to humans; this virus spreads through direct contact with the bodily fluids of an infected person or animal [2].

History of Ebola Virus

Ebola first appeared in August 26, 1976 in Yambuku, a town in the north of Zaire. He went to the doctor because of his high fever; they gave him quinine shot which is good against malaria [3].

- A week later, he had uncontrolled vomiting, bloody diarrhea, trouble breathing and then bleeding from nose, mouth, and anus.
- He died 14 days after the onset of symptoms.
- He started an epidemic that killed 280 of the 318 infected persons (88%).
- Natural Reservoir-Currently unknown, Possibly local bat population
- Two species were identified in 1976:
 - ✓ Zaire Ebola virus (ZEBOV) and
 - ✓ Sudan Ebola virus (SEBOV)

How is Ebola Virus Disease Spread?

- Contact with body fluids
- Un-sterilized injections.
- Skin piercing instruments that have been used by infected person.
- Eating bush meats especially monkeys, chimpanzees, bats and dead animals.
- Eating fruits that bats or wild animals have partly eaten (bat meat).
- Breastfeeding

- Direct physical handling of person who has died of Ebola.
- When a person dies of Ebola, the body is highly contagious because it leaks fluids containing the virus. That's why nobody should touch the body without special protection [4].

Signs & Symptoms Ebola Virus:

- Fever
- Bloody diarrhea
- Vomiting blood
- Bleeding through nose, urine
- Muscle & joint pain
- Skin rash

Go to a health facility immediately if:

- You have a sudden fever or diarrhea or vomiting or you have recently come into direct contact with wounds or body fluids of an infected person.

What should be done to someone suffering from Ebola Virus Disease?

- Proper treatment
- PPE should be used while caring infected person
- Disinfection of used clothes and utensils

Risk

- Patients who have died due to Ebola are infectious; anyone who comes into direct

contact with their bodies is at risk. Protective wear should be used and handling limited [5].

Incubation period: 2-21 days.

Diagnosis

- Blood test

Treatment

- ✓ There is no cure for Ebola fever.
- ✓ Total isolation / Quarantine.
- ✓ Intensive care treatment
- ✓ The only available treatments are those meant to help to ease symptoms. These may include:
 - ✓ Oxygen therapy
 - ✓ Intravenous fluids
 - ✓ Blood transfusions
 - ✓ Medications to treat shock
 - ✓ Pain medications [6].

Measures by Govt to Control Disease Spread

1. Travelers from affected nations to be *screened thoroughly*.
2. *Mandatory self-reporting* by passengers from or transiting through the affected countries at the time of immigration check.
3. Designated *facilities at airports/ports* to manage travellers manifesting symptoms of the disease.
4. States asked to identify *nodal offices and designate hospitals with isolation wards* and keep ready personal protective equipment.
5. Indian Medical Association roped in to *sensitize doctors* about diagnostic and treatment protocols [7].

Prevention

- Persons suspected to have died of Ebola must be reported immediately to a health worker, avoid washing the body and bury immediately.

- Wash your hands with soap under safe running water after handling a patient or the body of a person who has died of Ebola.
- Avoiding meats
- Do not share sharp objects such as needles or razor blades, etc.
- Disinfect clothing and beddings of suspected Ebola patients with bleach, or soap.
- Do not eat fruits that have been partly eaten by bats or wild animals (Bat Mot) [8].

CONCLUSION

The virus spreads through direct contact with body fluids, such as blood from infected humans or other animals. Spread by body fluids of contaminated person.

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