

## “EBOLA VIRUS –A Review”

Mr. Veerabhadrapa G Mendagudli<sup>1\*</sup>, Vidya V Thokal<sup>2</sup>, Ms. Shivaleela S Sarawad<sup>3</sup>

<sup>1</sup>Associate Professor, Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar, Maharashtra, India

<sup>2</sup>Assistant Professor, Supriyadi Sule College of Nursing Shrirampur, Ahmednagar, Maharashtra, India

<sup>3</sup>Assistant Professor, Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar, Maharashtra, India

DOI: [10.36348/sjnhc.2020.v03i12.002](https://doi.org/10.36348/sjnhc.2020.v03i12.002)

Received: 09.09.2020 | Accepted: 17.09.2020 | Published: 13.12.2020

\*Corresponding author: Mr. Veerabhadrapa G Mendagudli

### 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.

**Copyright © 2020 The Author(s):** This is an open-access article distributed under the terms of the Creative Commons Attribution **4.0 International License (CC BY-NC 4.0)** which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

### 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.

### REFERENCES

1. <https://www.who.int/news-room/factsheets/detail/ebola-virus-disease>
2. Times of India, Pune Thursday, Aug, 2014.
3. <http://www.cdc.gov/vhf/ebola/pdf/ebolakeymessagesupdated.a2.july1.14.pdf>
4. <file:///C:/Users/shivaleela/Downloads/ebola-viral-disease-evd-brochure.pdf>
5. UNICEF: Ebola Key Messages.
6. <http://www.ug.edu.gh/announcements/key-facts-about-ebola-viral-disease-evd>
7. [http://www.unicef.org/cbsc/files/Ebola\\_Fact\\_Sheet-4July14-FINAL-SierraLeone-EN.pdf](http://www.unicef.org/cbsc/files/Ebola_Fact_Sheet-4July14-FINAL-SierraLeone-EN.pdf)
8. <http://www.who.int/mediacentre/factsheets/fs103/en/>
9. International Business Times, India.
10. "Ebola virus disease, Fact sheet N°103, Updated September 2014". World Health Organization (WHO). *September 2014. Archived from the original on 14 December 2014.* Retrieved 15 December 2014.