

# **Ebola Virus Disease**

**April 2020**

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## 預防埃博拉(伊波拉)病毒病

Guard against Ebola virus disease



### 埃博拉(伊波拉)病毒病

Ebola virus disease

埃博拉(伊波拉)病毒病是一種嚴重且死亡率高的急性病毒性疾病。患者可能出現突發性發燒、極度虛弱、肌肉疼痛、頭痛和咽喉痛。隨後會出現嘔吐、腹瀉、皮疹、腎臟和肝臟功能受損。在某些情況下更會出現內出血和外出血。Ebola virus disease (EVD) is a severe acute viral illness with a high fatality rate. Patients may have sudden onset of fever, intense weakness, muscle pain, headache and sore throat. This is followed by vomiting, diarrhoea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding.

### 傳播途徑

Mode of transmission

埃博拉(伊波拉)病毒是通過密切接觸受感染動物的血液、分泌物、器官或其他體液而傳到人類。人類的血液和分泌物中只要含有此病毒，即可傳播疾病。Ebola virus is introduced into the human population through close contact with the blood, secretions, organs or other body fluids of infected animals. People are infectious as long as their blood and secretions contain the virus.

### 治理和預防方法

Management and Prevention

本港目前沒有已註冊預防埃博拉(伊波拉)病毒病的疫苗或證明有效的治療方法。There is currently no registered vaccine to prevent EVD in Hong Kong or specific treatment for the disease.

要預防感染，必須注意以下數點：

To prevent infection, it is important to observe the following:



● 保持良好的手部衛生  
Observe good hand hygiene



● 在觸摸口、鼻或眼之前切記先以液液或酒精搓手液清潔雙手  
Use liquid soap or alcohol-based handrub to clean your hands before touching the mouth, nose or eyes



● 妥善消毒和覆蓋傷口  
Wound should be properly disinfected and covered



● 避免與發燒人士或病人有密切接觸，並避免接觸帶者的血液、體液和可能受帶者血液或體液污染的物品  
Avoid close contact with feverish or ill persons, and avoid contact with patients' blood and body fluids, and objects contaminated with blood or body fluids of patients



● 食物須徹底煮熟才可進食  
Cook food thoroughly before consumption



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衛生署  
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# Ebola virus disease (EVD)

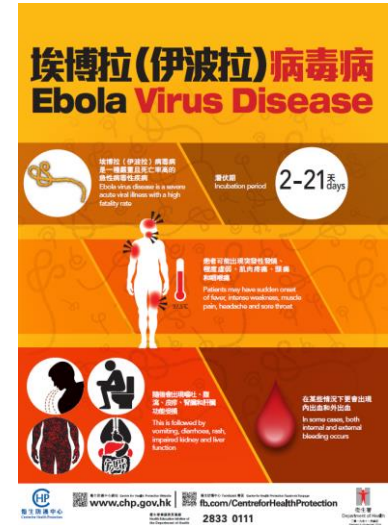
- Formerly known as Ebola haemorrhagic fever
- Causative agent: Ebola virus
- First appeared in 1976 in South Sudan and the Democratic Republic of Congo. The disease has appeared sporadically since then

# Ebola virus disease (EVD)

- Confirmed cases of EVD have been reported mainly in sub-Saharan Africa including the Democratic Republic of the Congo, Gabon, South Sudan, Cote D'Ivoire, Uganda, and Congo
- Ebola virus outbreak occurred in West Africa since March 2014 is the largest outbreak since the Ebola virus was first discovered in 1976
- EVD outbreak was reported in the Democratic Republic of the Congo in August 2018, with more than 3000 cases reported by October 2019

# Ebola virus disease (EVD)

- Incubation period: ranges from 2 to 21 days
- Clinical features:
  - Sudden onset of fever, intense weakness, muscle pain, headache and sore throat
  - Vomiting, diarrhoea, rash, impaired kidney and liver function
  - In some cases, internal and external bleeding
- Case fatality rate in human is around 50% (varied from 25% to 90% from previous outbreaks)



# Mode of transmission

- Ebola virus is introduced into the human population through close contact with the blood, secretions, organs or other body fluids of infected animals
- Some fruit bats are considered to be the natural host of the Ebola virus
- It then spreads in the community through human-to-human transmission, with infection resulting from:
  - Direct contact (through broken skin or mucous membranes) with the blood, secretions, organs or other body fluids of infected people
  - Indirect contact with environments contaminated with such fluids

# Mode of transmission

- People are infectious as long as their blood and secretions contain the virus
- Burial ceremonies in which mourners have direct contact with the body of the deceased person can also play a role in the transmission of EVD
- Healthcare workers in affected countries have frequently been infected through close contact with patients suffering from EVD when infection control measures are not strictly practised

# Mode of transmission

- Samples from patients are biohazardous and testing should be conducted under appropriate biological containment conditions
- Although rare, sexual transmission of Ebola virus has been reported



# Management

- Currently no specific treatment for the disease
- Patients must be managed in isolation facilities to prevent the spread of the infection
- Patients are frequently dehydrated and require oral or intravenous rehydration
- Healthcare workers should put on personal protective equipment and adopt strict infection control measures when caring for suspected patients

# Local situation

- Viral haemorrhagic fever, including EVD, has been a statutorily notifiable infectious disease since July 2008
- No cases have been recorded in human or animals in Hong Kong so far.
- In case of notification of suspected cases, the CHP will immediately commence epidemiology investigation and follow-up

# Local situation

- Upon notification of suspected cases, CHP will:
  - Refer patients to the Infectious Disease Centre of the Hospital Authority for isolation, diagnosis and treatment; and
  - Collect specimens for laboratory testing and confirmation
- Upon laboratory confirmation, CHP will:
  - Trace close contacts, including corresponding flight passengers and attendants;
  - Put close contacts under medical surveillance and isolation; and
  - Send symptomatic close contacts for isolation and testing

# Prevention

- There is currently no registered vaccine for EVD in Hong Kong
- To prevent the infection, travellers must observe the following:
  - Observe good personal and environmental hygiene
  - Avoid close contact with feverish or ill persons, and avoid contact with patients' blood and body fluids, and objects contaminated with blood or body fluids of patients
  - Avoid contact with animals
  - Cook food thoroughly before consumption



## Maintain good personal hygiene

- **Perform hand hygiene frequently.** Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with either a clean cotton towel or a paper towel, especially:
  - Before and after touching the mouth, nose or eyes
  - Before eating
  - After using the toilet
  - After touching public installations such as handrails or door knobs
  - When hands are contaminated by respiratory secretion after coughing or sneezing



# Hand hygiene

1. Wet hands under running water
  2. Apply liquid soap and rub hands together to make a soapy lather
  3. Away from the running water, rub hands according to the 7 steps of hand hygiene technique for at least **20 seconds** (**Palms, Back of hands, Finger webs, Back of fingers, Thumbs, Finger Tips, Wrists**). Do not rinse off the soap while rubbing
  4. Rinse hands thoroughly under running water
  5. Dry hands thoroughly with either a clean cotton towel or a paper towel
  6. The cleaned hands **should not touch the water tap** directly again. For example: using **a paper towel** to wrap the faucet before turn it off
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- If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative





# Travel advice

- Avoid unnecessary travel to affected areas
- Travellers returning from affected areas should observe closely their health condition
- Travellers should **seek medical advice promptly** if they become ill within 21 days after returning from affected areas and inform the doctor of recent **travel history**

# For more information about Ebola virus disease

- Please visit the Centre for Health Protection website  
<http://www.chp.gov.hk/en/features/34199.html>
- Please visit the website of Travel Health Service of the Department of Health for more information on travel health news  
<https://www.travelhealth.gov.hk/eindex.html>



# Thank you