

Get Proactive, not Panicky about Ebola



Did you know that there are more than 45,000 Indians are living in the four Ebola-infected West African countries? **The Ebola Virus Disease** is a serious illness, with a high death rate of up to 90%. Following the directive sent from the World Health Organisation, the Indian government has undertaken certain measures to prevent an Ebola outbreak in India. With no possibility of any effective vaccination for Ebola, knowing the risks involved is a must! We provide some information on the virus below, but if you have any questions or concerns, please write to us at ois@healthspring.in, or call 6130-3535 to speak with Dr. Khullar, who is the Healthspring paediatrician at OIS.

Are my symptoms suggestive of Ebola?

The initial symptoms of Ebola are non-specific and can be easily misdiagnosed as a number of other illnesses such as malaria, typhoid fever, cholera, leptospirosis, plague, meningitis, hepatitis and viral haemorrhagic fevers. Your doctors must rule out all these possibilities by conducting the right tests before he or she declares an attack of the Ebola virus.

Common symptoms to watch out for: Sudden fever, severe body weakness, muscle ache, headache and sore throat

Advanced symptoms to worry about: Vomiting, diarrhoea, rashes, impaired kidney and liver movement, and in some cases, both internal and external bleeding

Blood test results to look for: Low white blood cell and platelet counts and elevated liver enzymes

How does the Ebola virus spread?

In spite of popular belief, the Ebola virus is not airborne but rather enters a person's blood stream through direct contact with the blood, secretions, organs or any other bodily fluid of the infected person.

What steps can I follow for quick action in case of an infection?

The time frame from the moment the virus enters the blood stream to the onset of symptoms can range from 2 to 21 days. Ensure that you seek immediate treatment if you have any suspicions about getting infected by the same. You can also call the Health Ministry's official help lines at 2306-3205, 2306-1469 and 2306-1302 to clarify any queries or share your concerns.

How is Ebola treated?

A patient in the absolute throes of the disease needs intensive care. This person must be continuously given Oral Rehydration Solution and other solutions having electrolytes or intravenous fluids because of severe dehydration. We strongly advise that patients with suspected Ebola seek treatment immediately from qualified doctors and nurses.

Most of all, be watchful, understand the symptoms and look out.



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