



FACT SHEET

Important Facts about Ebola

- ◆ The following are symptoms of Ebola: a fever of 101.5 or higher, severe headache, diarrhea, stomach pain, vomiting, or unexplained bleeding or bruising. These symptoms may appear anywhere from 2 to 21 days (8-10 days is the average) after coming in contact with the virus. This virus is often deadly in people living in countries with limited health care.
- ◆ People have to show these symptoms in order to spread Ebola.
- ◆ You can't get Ebola through air, water, or food. You can only get Ebola through the following: **1) direct contact** with bodily fluids (urine, blood, saliva, feces) of a person who is sick from or died as a result of Ebola, or **2) contact** with dirty objects, such as needles used on a patient with Ebola.
- ◆ Although Ebola is not easily spread, frequent hand-washing is essential to preventing the spread of illness.

Treating People Fairly

- ◆ When communities face unfamiliar illnesses that appear to be threatening, there is a tendency to stay away from those who have been in contact with the person who is sick (e.g., family, friends, place of employment). As long as these people are not showing any symptoms, they can't spread the Ebola virus.
- ◆ Resist the urge to believe that people who have lived in or visited Western African countries will automatically get the Ebola virus.
- ◆ Explain to your children that people who have the Ebola virus are not at fault.
- ◆ Encourage your children to be supportive of people who have been in close contact with others who have the Ebola virus. These family members and/or friends are likely going through a hard time as they help their loved one get better.

How to Help Your Kids

- ◆ Be aware of the facts; do not get consumed with irrational fears.
- ◆ Avoid over exposure to media, which may lead to greater levels of fear and stress around the issue.
- ◆ Be watchful of your children's exposure to media and images that may raise their levels of fear and anxiety.
- ◆ Be aware of your own reaction to the crisis and media exposure, children are very sensitive and tend to respond to their parents' own feelings around an issue.
- ◆ Regardless of your children's ages, speak to them about the issue and find out how they are feeling about it. Speak with them about the facts so that there are less rumors and misinformation about Ebola.
- ◆ Take care of yourself by getting the proper rest and exercise to manage your stress levels.

Resources

- ◆ There is a recorded hotline to provide any updates on this situation. The number for this DISD hotline is (972) 925-5810.
- ◆ For more information about the Ebola virus, please visit this link from the Centers for Disease Control and Prevention : <http://www.cdc.gov/vhf/ebola> or call the CDC Hotline at 1-800-232-4636
- ◆ Visit Dallas ISD Health Updates page for current information on the health of our students: <http://www.dallasisd.org/Page/31679>

If your child is experiencing heightened levels of fear around the issue, such as nightmares or excessive worrying, seek additional help:

- DISD Psychological and Social Services Department (972) 925-8050
- Youth and Family Centers (972) 502-4190
- Your child's school counselor