



ADVENTIST HEALTH MINISTRIES | NORTH AMERICAN DIVISION

DO NOT FAIL TO MEET TOGETHER . . . ALWAYS ENCOURAGING EACH OTHER. HEBREWS 10:25

EBOLA GUIDANCE IN THE SEVENTH-DAY ADVENTIST COMMUNITY

SPIRITUAL GROWTH • PERSONAL SUPPORT • SOCIAL INTERACTION

In times of social instability and widespread health concerns, churches can be a place of encouragement and compassionate education. Whether we face SARS, Ebola, or a new strain of flu we can be prepared and thoughtful. Many members today are international travelers. That creates a need for new awareness and common sense hygiene practices.

What you need to know about Ebola – Don't Overreact!

- Not everyone with a fever has Ebola – see if they could have even been exposed.
- A person infected with Ebola can't spread the disease until symptoms appear.
- Ebola is spread by contact with blood, body fluids, or contaminated objects.

How to protect yourself and your community

- If you are not around people who could have been exposed to the virus, you don't face a significant risk.
- Be up front about your own potential exposure (guests, profession, travel). If you don't, people may think you're hiding the worst. Model transparency so people can trust you.
- Monitor people who have a significant risk of exposure. The incubation period is 2 to 21 days. Watch for fevers over 100.4°F and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- Follow good hygiene: Always wash your hands before preparing food and after personal contact. Use soap and water or an alcohol-based hand sanitizer after touching public surfaces (door handles, railings, tables, etc.).
- If you suspect someone has Ebola or other serious illness, seek medical help right away. Call either your medical provider or public health authorities.

Remember to be gracious

In many cases, overreacting can be as bad as failing to act. Cutting family and social relationships, avoiding ongoing activities, and treating people unkindly “in an abundance of caution” lowers the quality of life for you and everyone around you. Be loving and gracious. Don't avoid people because they have friends, relatives, or colleagues that are affected.

If people are placed in quarantine for a while, stay in touch – often. Call, email, and use Internet video. Reduce their feeling of isolation as much as possible. Find avenues of support such as delivery of food and household supplies, helping with tasks that normally require leaving the house, etc.

For more information and resources access the *North American Division Adventist Health Ministries Ebola Resource page* at <http://www.NADHealthMinistries.org>.