

## ● SYMPTOMS

Symptoms can appear from 2 to 21 days after exposure:

- Fever
- Headache
- Joint and muscle aches
- Intense weakness
- Vomiting
- Rashes
- Diarrhoea
- Unexplained bleeding



## ● HEALTH ADVISORY

You are advised to practice the following:

- Maintain good personal hygiene such as frequent hand washing with soap and water or use hand sanitizer regularly.
- Limit contact with healthy individuals around you, once you are symptomatic.



## REMINDER!

Monitor your health status within 21 days upon returning from the affected countries and seek medical attention **IMMEDIATELY** from the nearest health facility for further assessment if you have the symptoms as mentioned

