



# EBOLA GUIDANCE

As at 17 Oct 14

For British Soldiers of  
West African Origin

## WHAT YOU SHOULD DO IF A FAMILY MEMBER IS SUSPECTED OF HAVING CONTRACTED EBOLA

- If the family member is in the UK inform the **Joint Casualty and Compassionate Cell**, and seek medical help and advice by contacting:  
England: NHS 111  
Scotland: NHS 24 (dial 111)  
Wales: NHS Direct Wales (dial 0845 46 47)  
Northern Ireland: contact your GP or local A&E
- If the family member is outside the UK inform the **Joint Casualty and Compassionate Cell**.
- Inform your Chain of Command immediately.

It will support you and offer the latest military and governmental health and travel advice.

The **Joint Casualty and Compassionate Cell** is the authority for the entitlement to compassionate leave and travel at public expense; its helpline is available 24/7 on 01452 519951

## FOREIGN AND COMMONWEALTH OFFICE ADVICE FOR TRAVEL TO AND FROM WESTERN AFRICA

This advice, which may well change over time but is correct as at 17 Oct 14, must be discussed with your Chain of Command if you are considering travelling to the region.

### SIERRA LEONE / GUINEA / LIBERIA

FCO advise against all but essential travel, except for those involved in the direct response to the Ebola outbreak. Be aware that the narrowing range of commercial flight

options and growing restrictions on travel in the region may make it difficult to leave once there, particularly at short notice.

### COTE D'IVOIRE

FCO advise against all but essential travel in western regions of the country: Dix-Huit Montagnes, Haut-Sassandra, Moven-Cavally and Bas-Sassandra. Cote D'Ivoire has closed its land borders with Guinea and Liberia. Additional health checks along the border with Ghana may be encountered.

### NIGER

FCO advise against all travel to northern areas of Niger, and all but essential travel south of Abalak due to the threat of terrorism and kidnapping. There are no Ebola outbreaks currently, however you should still take care and seek further advice.

### NIGERIA

FCO advise against travel to multiple areas of Nigeria due to the threat of terrorism.

Further information is held on the FCO website and soldiers should seek Chain of Command security advice in accordance with JSP 440. There are no Ebola outbreaks currently, however you should still take care and seek further advice.

### GUINEA-BISSAU / GHANA

No current limitations to travel in the area or Ebola outbreaks, however you should still take care and seek further advice.

### UK Government Travel advice:

[www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

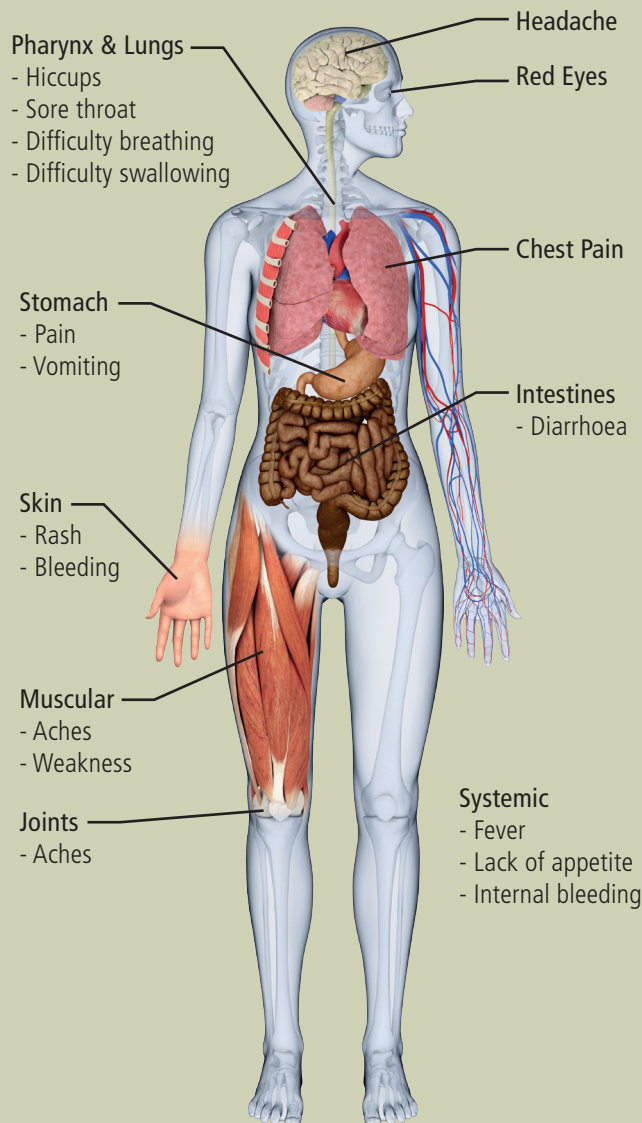


The latest outbreak of the Ebola virus in Western Africa has resulted in a significant international response to deal with the crisis. The UK has a lead role in this response; Defence's contribution is Op GRITROCK.

**This leaflet is to provide advice and information to all British soldiers and their families of West African origins.**

There are separate briefings for the soldiers (and their families) deployed or deploying on Op GRITROCK.

## SYMPTOMS OF EBOLA



## HEALTH ADVICE TO LIMIT THE SPREAD OF EBOLA

The Ebola Virus Disease is rare but potentially lethal. The symptoms usually start within 21 days of exposure with a fever, headache, joint and muscle aches followed by stomach cramps, diarrhoea and vomiting. You can assist in the control of the outbreak by encouraging your family members to follow this medical advice:

- Avoid contact with infected patients and their bodily fluids (including dirty clothes or bedding)
- Avoid contact with corpses and/or bodily fluids from deceased patients
- Avoid close contact with live or dead wild animals (including monkeys, forest antelopes, rodents and bats)
- Avoid consumption of "bush meat" and ensure any meat is cooked thoroughly
- Wash and peel fruits and vegetables before consumption
- Practise safe sex
- Encourage thorough hand washing with hot water and soap for all

## FURTHER SOURCES OF INFORMATION

The situation in W Africa is evolving quickly, the following websites provide the latest advice and updates on the international efforts to limit the outbreak.

### Public Health England information and guidance:

[www.gov.uk/government/collections/ebola-virus-disease-clinical-management-and-guidance](http://www.gov.uk/government/collections/ebola-virus-disease-clinical-management-and-guidance)

### UK Government advice:

[www.gov.uk/government/topical-events/ebola-government-response](http://www.gov.uk/government/topical-events/ebola-government-response)

### World Health Organisation information:

[www.who.int/csr/disease/ebola/en/](http://www.who.int/csr/disease/ebola/en/)

This pamphlet has been produced by D Pers Ops in consultation with both government websites and medical advice from within Army HQ and is accurate as at 17 Oct 14.