You've survived Ebola! What's next?

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You've survived Ebola! What's Next? 1

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You've survived Ebola! What's next?

- Hello. My name is <name> and I am from <place/ organization>. It is an honor to meet you.
- I would like to ask permission:
  - to talk to you about your experience with Ebola,
  - to share some information with you about what to expect over the next few months,
  - answer any questions you may have, and
  - encourage you to help other people in your community overcome Ebola.

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What does being an Ebola survivor mean? 2

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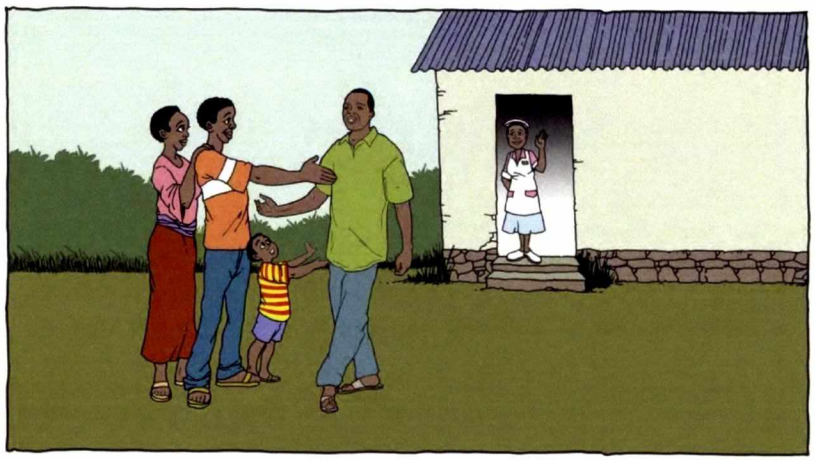

What does being an Ebola survivor mean?

- Being a survivor means that you cannot get the same type of Ebola for at least 10 years after you recover.
- After you recover from Ebola, it is safe for others to be around you. You can hug, kiss, and shake hands with others safely.
- Even after recovery, Ebola might be found in some body fluids, including semen. It is possible that Ebola could be spread through sex or other contact with semen from men who have had Ebola.

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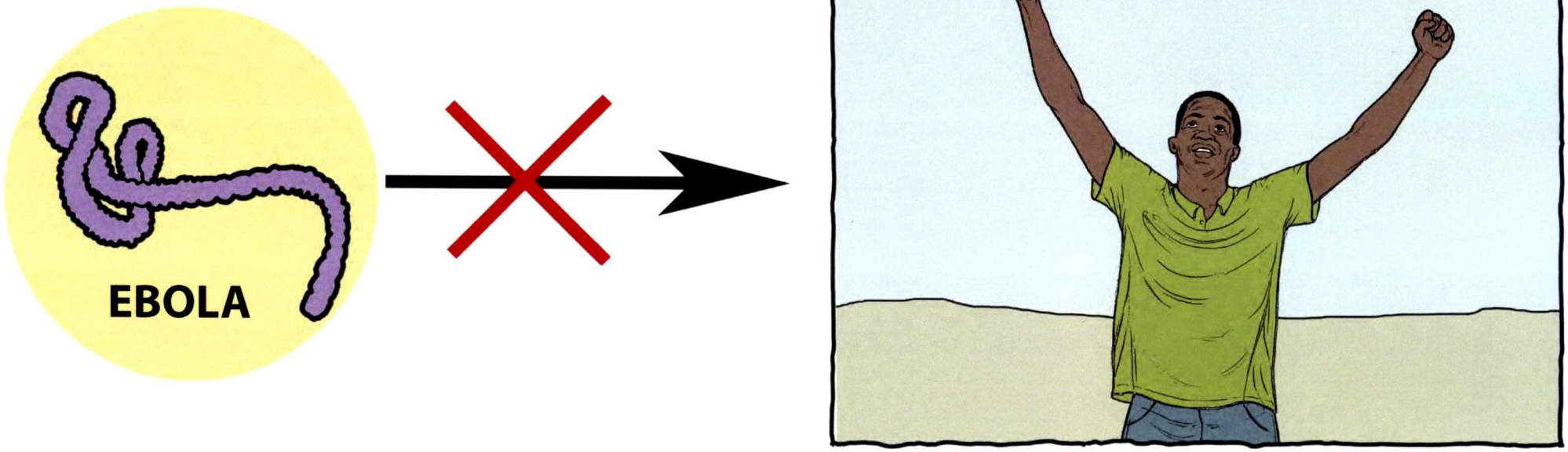
Can I catch Ebola again?



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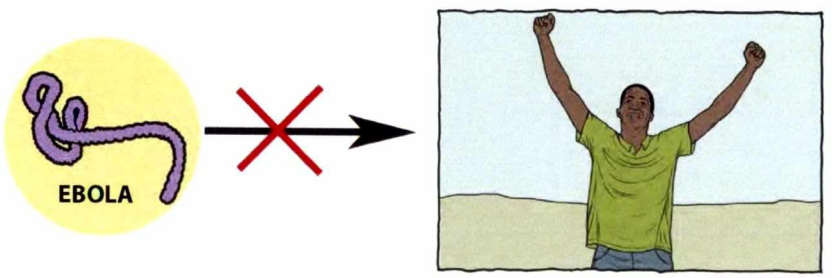
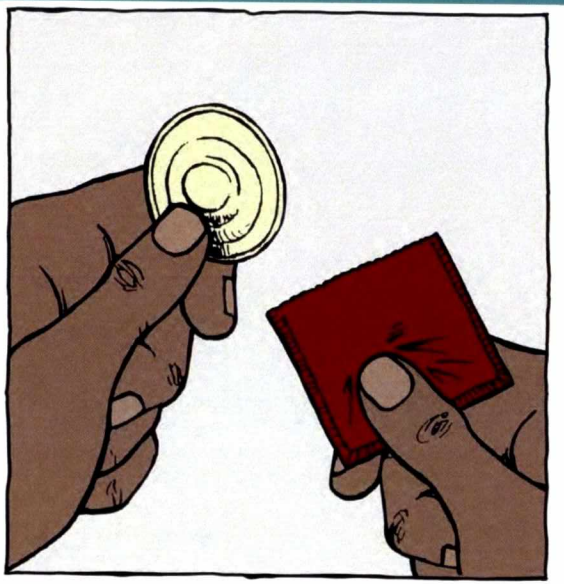


Can I catch Ebola again?

- You cannot get the same type of Ebola for at least 10 years after you recover.

When can I safely have sex again? When can I safely breastfeed? 4



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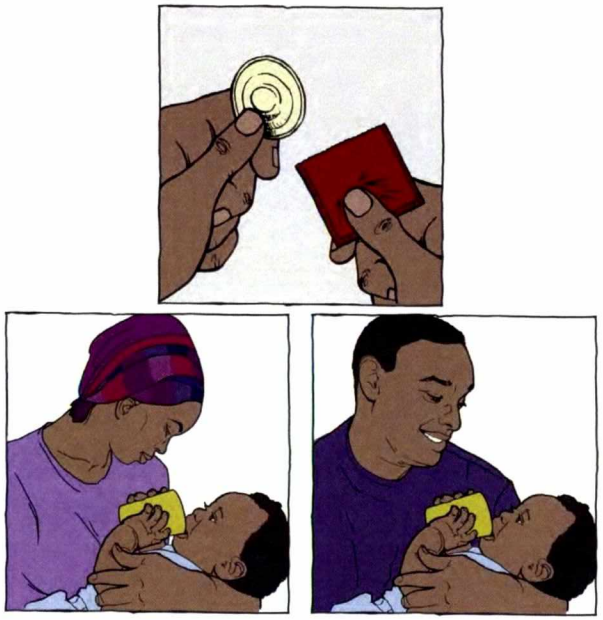
When can I safely have sex again? When can I safely breastfeed? 4



When can I safely have sex again? When can I safely breastfeed?

- Even after recovery, Ebola might be found in some body fluids, including semen. Men, it is possible that you could spread Ebola through sex or other contact with your semen.
  - The only way to know if Ebola is gone from the semen is through semen testing. There are efforts to make semen testing available to male Ebola survivors.
  - Avoiding sex can reduce exposure to semen.
  - Using male or female condoms, from start to finish, during any type of sexual activity (vaginal, anal, oral, or manual), can reduce exposure to semen and help protect against sexually transmitted infections.
- Ebola can stay in breast milk even after you feel better. If you have survived Ebola, it is best not to breastfeed IF you have other safe ways to feed your baby. But if there is no other way to feed your baby safely, breastfeeding will still provide the nutrition your baby needs.

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