

EBOLA VIRUS DISEASE

INFECTION CONTROL

GUIDELINES FOR PHARMACISTS

Hand washing with water and soap or hand rubbing with alcohol-based sanitiser is essential for preventing the spread of Ebola.

Ebola is not a robust virus and it can be eliminated by any of the following:

- Alcohol-based products with 80% ethanol (v/v) or 75% isopropyl alcohol (v/v)
- Sodium hypochlorite (bleach) or calcium hypochlorite (bleaching powder) at appropriate concentrations (0.5% for disinfecting objects and surfaces)
- Heat (1 hour at 60°C or 5 minutes at 100°C)
- UV or gamma radiation
- Soap and water

How to perform hand hygiene:

- A. Clean your hands by rubbing them with an alcohol-based formulation, as the preferred means of routine hygienic hand antisepsis if hands are not visibly soiled, or
- B. Wash your hands with soap and water when they are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet.

Summary technique:

- A. Hand rubbing (20–30 sec): apply enough product to cover all areas of the hands; rub all skin surfaces until dry.
- B. Hand washing (40–60 sec): wet hands and apply soap; rub all surfaces; rinse hands and dry thoroughly with a single-use towel; use towel to turn off faucet.

