

Viral Hemorrhagic Fever - Ebola

Response	Twitter	Facebook	Image (Instagram)
<p>General Updates</p>	<p>FYI: We are using #EventHashtag for updates on the Ebola outbreak. We encourage everyone to do the same.</p> <p>Public health officials have reported XXX cases of Ebola in XXX area. #EventHashtag</p> <p>Ebola is a Viral Hemorrhagic Fever (VHF) and is a severe, often fatal disease. For more info: http://1.usa.gov/1oStq0z #EventHashtag</p> <p>(1 of 2) We have not confirmed the deliberate release of Ebola & do not know the extent or source of the outbreak at this time #EventHashtag</p> <p>(2 of 2) However, we are working hard to figure out how people were exposed and will update you the moment we know more #EventHashtag</p> <p>Officials believe that people who were at (insert location) on (insert date and time) may have been exposed to Ebola #EventHashtag</p> <p>As of now, XXX number of Ebola cases have been confirmed #EventHashtag</p>	<p>Officials suspect that Ebola, a serious virus, has been released in XXX area/building. Officials believe that people who were at (insert location) on (insert date and time) may have been exposed to Ebola. Public Health and other local authorities are investigating this incident. Updates will be made as soon as we know more. Link: addurl.gov</p> <p>What is Ebola? It is a Viral Hemorrhagic Fever and is a severe, often fatal disease. For more information, visit the link below. Link: http://www.cdc.gov/vhf/Ebola/about.html</p> <p>Officials believe that people who were at (insert location) on (insert date and time) may have been exposed to Ebola. XXX cases have been reported with symptoms. Link: addurl.gov Image: Include a map of infected area</p> <p>We haven't confirmed the deliberate release of Ebola and we don't know the extent or source of the outbreak. Local, state, & federal officials including public health authorities, FBI</p>	<p>http://www.cdc.gov/vhf/Ebola/pdf/inographic.pdf</p>

Local/state/federal officials, including public health & other authorities, are working together. Stay tuned for updates #EventHashtag

By staying informed, following instructions from health officials you can help protect yourself & your family from this threat #EventHashtag

Public health authorities are working hard to respond to this outbreak. Stay informed and follow instructions from officials #EventHashtag

It is natural to be concerned & afraid at a time like this. Stay informed & follow instructions from public health officials #EventHashtag

There is a detailed response plan designed to quickly treat people and contain the outbreak #EventHashtag

We know this is scary, but officials are prepared to respond quickly & effectively. Info on Ebola: <http://1.usa.gov/1s4IJ54> #EventHashtag

If you are using a message that references your agency specifically, personalize the message using “We” instead of the generic “Public Health Officials”

and Homeland Security are working together. We will update you as soon as we know more.

Link: addurl.gov

Image: Include photo of Homeland Security logo

Public health authorities are working hard to respond to this outbreak. By staying informed and following instructions from health officials, you can protect yourself and your family from this threat.

Link: addurl.gov

Image: Include photo of HHS logo

It’s natural to be concerned & afraid at a time like this. Stay informed & follow instructions from public health officials who will help you stay safe. There is a detailed response plan designed to quickly treat people and contain the outbreak.

Link: addurl.gov

Image: Include photo of concerned person

We know this outbreak is scary, but officials are prepared to respond quickly and effectively.

Link: <http://www.cdc.gov/vhf/Ebola/>

If you are using a message that references your agency specifically, personalize the

	<p>Be sure to provide messages detailing the specific steps that your agency and your partners are taking to further investigate the incident.</p>	<p>message using “We” instead of the generic “Public Health Officials”</p> <p>Be sure to provide messages detailing the specific steps that your agency and your partners are taking to further investigate the incident.</p>	
<p>Where to go for more information</p>	<p>Follow @(insert DOH Twitter handle) for updates on #EventHashtag</p> <p>Other good organizations to follow for up to date information include (insert Twitter handles of appropriate federal/state/local officials) #EventHashtag</p> <p>Click here for more information from (CDC/WHO) bit.ly/addurl #EventHashtag</p> <p>Text “Follow (insert DOH Twitter handle)” to 40404 to receive updates via text message #EventHashtag</p> <p>Have a Facebook account? Like (DOH Facebook Page) for more updates on #EventHashtag</p> <p>Watch the latest (insert time) press briefing on Ebola from (PA DOH/Governor) bit.ly/addurl #EventHashtag</p> <p>(*Tweet key messages from press conference)</p>	<p>Watch the latest (insert time) press briefing on Ebola from (PA DOH/Governor). The next update on the outbreak will take place at (insert date/time), so keep checking back for the latest information</p> <p>Link: addurl.gov</p> <p>Image: Include photo from press conference</p> <p>Have a Twitter account? If so, follow @(insert DOH or EMA Twitter name) for updates on the Ebola outbreak and what you can do to keep you and your family safe.</p> <p>Link: PA DOH Twitter page</p> <p>Image: Use PA DOH Twitter image</p> <p>Ask us your questions about Ebola by commenting on this post and we’ll do our best to answer them. By staying informed & following instructions from health officials, you can help to protect yourself and your family from this threat.</p> <p>Link: addurl.gov</p>	

	<p>The next #EventHashtag update from (PA DOH/Governor) will take place at (insert date/time) Watch it at bit.ly/addurl</p> <p>Tweet your Ebola questions to us @(DOH Twitter Handle) and we'll try to answer them #EventHashtag</p> <p>Remember to use 911 only in emergencies. For other requests, call 311 (Or equivalent non-emergency contact center in your area) #EventHashtag</p>	<p>Image: Include photo from press conference</p> <p>For important information and facts about Ebola, like this/these organization(s): (list organizations) Link: Organization(s) website Image: Include photo(s) of organizations</p> <p>Emergency personnel are likely to be very busy responding at the scene. Remember to only use 911 for emergencies. For any other concerns, dial 311.</p>	
<p>What is Viral Hemorrhagic Fever?</p>	<p>VHF (Viral Hemorrhagic Fever) is a serious illness caused by a virus. Viruses that cause VHF include Ebola & Lassa viruses #EventHashtag</p> <p>Natural cases of VHF do not occur in the United States unless brought in by an infected traveler or released on purpose #EventHashtag</p>	<p>VHF (Viral Hemorrhagic Fever) is a serious illness caused by a virus. Many different viruses can cause VHF, including Ebola, Marburg, and Lassa viruses. Natural cases of VHF don't occur in the U.S. unless brought in by an infected traveler or released on purpose.</p>	
<p>What is Ebola?</p>	<p>Ebola is one of many Viral Hemorrhagic Fevers. It is a severe, often fatal disease #EventHashtag http://1.usa.gov/1tLvOci</p> <p>The natural reservoir host of Ebola is unknown. Researchers believe it's zoonotic (animal-borne) & most likely comes from bats #EventHashtag</p>	<p>Ebola is one of many Viral Hemorrhagic Fevers. It is a severe, often fatal disease traditionally found in several African countries. The natural reservoir host of Ebola is unknown, but researchers believe it's zoonotic (animal-borne) & most likely comes from bats.</p> <p>Link: http://www.cdc.gov/vhf/Ebola/about.html</p>	<p>http://www.cdc.gov/vhf/Ebola/pdf/infectious_diseases_graphic.pdf</p>

<p>Symptoms of Ebola</p>	<p>Ebola viruses are traditionally found in several African countries #EventHashtag</p>		
	<p>Ebola symptoms may appear anywhere from 2 to 21 days after exposure to ebolavirus, although 8-10 is most common #EventHashtag</p> <p>Ebola symptoms: Fever/severe headache/weakness/diarrhea/vomiting/stomach or muscle pain/lack of appetite/bleeding or bruising #EventHashtag</p> <p>If you've been near XXX area & have symptoms call 9-1-1 immediately #EventHashtag</p> <p>Monitor your health for 21 days if you were in an area w/ an Ebola outbreak or may have had contact w/ infected bodily fluids #EventHashtag</p> <p>If you were near XXX area, check your temperature twice a day & report any fevers over 101°F to your doctor #EventHashtag</p> <p>If you think you are infected, limit your contact with other people when you go to the doctor. Do not travel anywhere else #EventHashtag</p> <p>For more information on the symptoms of Ebola visit http://1.usa.gov/1o2j2A7 #EventHashtag</p>	<p>Ebola symptoms include fever, severe headache, muscle pain, weakness, diarrhea, vomiting, stomach pain, lack of appetite, or unexplained bleeding or bruising. Symptoms may appear anywhere from 2 to 21 days after exposure to ebolavirus, although 8-10 is most common.</p> <p>Link: http://www.cdc.gov/vhf/ebola/symptoms/index.html</p> <p>Monitor your health for 21 days if you were in an area with an Ebola outbreak or may have had contact w/ infected bodily fluids. If you have symptoms immediately call 9-1-1.</p> <p>Image: Hospital</p> <p>Are you experiencing symptoms of Ebola? Call 9-1-1 immediately. Limit your contact with other people when you go to the doctor/ER. Do not travel anywhere else.</p> <p>Link: http://www.cdc.gov/vhf/ebola/symptoms/index.html</p> <p>Photo: Hospital</p>	

<p>Incubation Period</p>	<p>Incubation period refers to the time after exposure when a person does not feel sick & shows no symptoms of disease #EventHashtag</p> <p>The Ebola incubation period is 2-21 days but 8-10 days is most common #EventHashtag</p>	<p>The incubation period is the time after exposure when a person does not feel sick and shows no symptoms of the disease. The Ebola incubation period is 2-21 days but 8-10 days is most common.</p>	
<p>Exposure to Ebola</p>	<p>If you live in XXX area & think you were exposed to Ebola call your [health department/911] immediately #EventHashtag</p> <p>If you don't have symptoms, weren't near XXX area & haven't been near sick person, you most likely have not been exposed #EventHashtag</p> <p>Health officials are working to find and treat anyone who might have been exposed to the Ebola virus #EventHashtag</p> <p>Officials are taking actions to prevent others from exposure to the Ebola virus. For more info: bit.ly/addurl #EventHashtag</p> <p>Health officials will share info and give more instructions as the situation develops and they learn more #EventHashtag</p>	<p>If you live in XXX area or think you might have been exposed to the Ebola virus, call your [health department/911] immediately even if you don't feel sick.</p> <p>Link: addurl.gov</p> <p>Image: Include a map of infected area</p> <p>If you do not have symptoms, were not near XXX area, and have not been near a person who is sick with Ebola, you most likely have not been exposed to the virus.</p> <p>Health officials are working to find and treat anyone who might have been exposed to the Ebola virus and are also working to prevent others from exposure. We will share more information and give more instructions as we learn more.</p> <p>Link: addurl.gov</p>	<p>http://www.cdc.gov/vhf/Ebola/pdf/infographic.pdf</p>

Transmission

Ebola spreads by direct contact (thru broken skin/mucous membranes like eyes/nose/mouth) w/ bodily fluids of sick person #EventHashtag

Ebola spreads thru direct contact w/ blood/bodily fluids of sick person, contaminated objects like needles or infected animals #EventHashtag

You can't get Ebola thru the air/water/thru food. For more info, check out this graphic from @CDCgov <http://bit.ly/1wFI18> #EventHashtag

You can only get Ebola from bodily fluids of person who is sick or died from Ebola or from contaminated objects like needles #EventHashtag

Ebola is not spread through the air but can be spread through droplets. Learn the difference <http://1.usa.gov/10t5zvl> #EventHashtag

A person infected with Ebola virus is not contagious until symptoms appear #EventHashtag

Healthcare providers and family/friends in close contact with Ebola patients are at the highest risk for getting sick #EventHashtag

Ebola spreads by direct contact (through broken skin or unprotected mucous membranes in the eyes, nose or mouth) with the blood or bodily fluids of a person sick with Ebola, an object like a needle contaminated with the virus, or an infected animal. A person infected with Ebola is not contagious until symptoms appear.

Link:

<http://www.cdc.gov/vhf/ebola/transmission/index.html>

You can't get Ebola through the air, water, or food. It is transmitted via bodily fluid or droplets. For more information, check out this graphic from the CDC.

Image:

<https://pbs.twimg.com/media/B089IHOIUAA6ivg.png:large>

Ebola is not spread through the air but can be spread through droplets. Learn more about the difference between airborne and droplet spread here:

Link:

<http://www.cdc.gov/vhf/ebola/pdf/infections-spread-by-air-or-droplets.pdf>

Image: Link has an image

Healthcare providers caring for Ebola patients and the family and friends in close contact

<http://www.cdc.gov/vhf/ebola/pdf/infections-spread-by-air-or-droplets.pdf>

<https://pbs.twimg.com/media/B089IHOIUAA6ivg.png:large>

<http://www.cdc.gov/vhf/ebola/pdf/infections-spread-by-air-or-droplets.pdf>

	<p>If a family member has Ebola symptoms, have them stay in a bedroom alone until they can be evaluated by healthcare worker #EventHashtag</p> <p>Think you were exposed? Until you are cleared by health authorities, limit contact with others to avoid spreading the disease #EventHashtag</p> <p>As a precaution CDC is communicating w/ healthcare workers about how to detect & isolate patients who may have Ebola #EventHashtag</p>	<p>with Ebola patients are at the highest risk of getting sick because they may come in contact with blood or bodily fluids of sick patients. Image: Healthcare worker</p> <p>If a person in your house becomes sick with Ebola-like symptoms, have them stay in the bedroom alone until they can be evaluated by a healthcare provider or public health worker. Image: Doctor</p> <p>Think you may have been exposed to Ebola? Until health authorities can determine whether you were exposed, stay away from other people as much as possible to stop the spread of the disease. Image: House</p> <p>As a precaution, CDC is communicating with healthcare workers about how to detect and isolate patients who may have Ebola and how they can protect themselves from infection. Image: Healthcare worker</p>	
Treatment	<p>Call 9-1-1 immediately if you show signs of Ebola http://1.usa.gov/1o2j2A7 #EventHashtag</p> <p>If you think you were exposed to the Ebola virus call 9-1-1 immediately even if you don't feel sick #EventHashtag</p>	<p>Call 9-1-1 immediately if you think you were exposed to Ebola and/or show signs of the illness. http://www.cdc.gov/vhf/ebola/symptoms/index.html Image: Doctor</p>	

	<p>There is no vaccine or medicine that has been proven to be effective against Ebola http://1.usa.gov/1uhSotf #EventHashtag</p> <p>Experimental treatments have been tested and proven effective in animals but have not yet been tested in humans #EventHashtag</p> <p>If used early interventions (IV fluids, maintain oxygen status/blood pressure, treat infections) increase chance of survival #EventHashtag</p> <p>Some patients infected with Ebola virus do get better spontaneously or with supportive medical care #EventHashtag</p> <p>For more information on treating Ebola, visit http://1.usa.gov/1uhSotf #EventHashtag</p> <p>Help to protect yourself and your family by following instructions from public health authorities #EventHashtag</p>	<p>There is no vaccine or medicine that has been proven to be effective against Ebola. Experimental treatments have been tested and proven effective in animals but have not yet been tested in humans. Link: http://www.cdc.gov/vhf/ebola/treatment/index.html Image: Hospital</p> <p>If used early, interventions such as providing intravenous fluids, maintaining oxygen status and blood pressure, and treating infections if they occur can increase the chances of survival. Some patients infected with Ebola virus do get better spontaneously or with supportive medical care. Link: http://www.cdc.gov/vhf/ebola/treatment/index.html Image: Hospital</p> <p>Help to protect yourself and your family by following instructions from public health authorities. Image: Family</p>	
<p>Mental Health</p>	<p>Mental health services are available. Call XXX-XXX-XXXX or visit http://1.usa.gov/1krygvf #EventHashtag</p>	<p>Feeling depressed or stressed? Mental health services are in your available and in your area. Call XXX-XXX-XXXX or visit the link below.</p>	

Feeling depressed or stressed? Mental health services are available in your area bit.ly/addurl #EventHashtag

Help yourself and your community heal: visit this website for tips <http://1.usa.gov/ShAMxO> #EventHashtag

If the stress is too much for you, ask for help. Contact friends/family or XXX-XXX-XXXX bit.ly/addurl #EventHashtag

There are many things you can do to cope with this event: talk with family/friends/clergy <http://1.usa.gov/1krygvf> #EventHashtag

Talk to your children about their thoughts. You do not need to have all the answers, just listen <http://1.usa.gov/1cTJLv0> #EventHashtag

Need to talk to someone? SAMHSA is a free, confidential helpline for those in need after a disaster <http://1.usa.gov/1kwrc1R> #EventHashtag

Talk to someone about your feelings to ease stress, even though it may seem difficult <http://1.usa.gov/1krygvf> #EventHashtag

Retweet important messages from SAMHSA

Link: <http://emergency.cdc.gov/mentalhealth/>

Image: Link includes a photo

Help yourself and your community heal. Visit the website below for tips.

Link: <http://emergency.cdc.gov/masscasualties/copingpub.asp>

Image: Link includes a photo

If the stress is too much for you, ask for help. There are many things you can do to cope with this event: talk with family, friends, and clergy.

Link: <http://emergency.cdc.gov/mentalhealth/>

Image: Link includes a photo

Talk to your children about their thoughts. You do not need to have all the answers, just listen.

Link: http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html

Image: Link includes a photo

Talk to someone about your feelings to ease stress, even though it may seem difficult. Need someone to talk to? SAMHSA is a free,

		<p>confidential helpline for those in need after a disaster.</p> <p>Link: http://www.disasterdistress.samhsa.gov/</p> <p>Image: Link includes a photo</p> <p>Share important messages from SAMHSA</p>	
<p>Stigma</p>	<p>Stigma involves stereotyping and discriminating against an identifiable group of people #EventHashtag</p> <p>Stigma can occur when ppl associate a disease like Ebola w/ a population, even though not everyone in that group is at risk #EventHashtag</p> <p>Stigma occurred among Asian Americans in the United States during the SARS pandemic in 2003 #EventHashtag</p> <p>Help ensure that you & others you know do not stigmatize certain members of your community during the Ebola outbreak #EventHashtag</p>	<p>Stigma involves stereotyping and discriminating against an identifiable group of people. It occurs when people associate a disease like Ebola w/ a population, even though not everyone in that population is at risk. Stigma occurred among Asian Americans in the United States during the SARS pandemic in 2003. Help ensure that you & others you know do not stigmatize certain members of your community during the Ebola outbreak.</p>	
<p>Check in with family</p>	<p>Update your social networks or text family/friends to say you're OK. Phone lines may be jammed #EventHashtag</p> <p>Check on neighbors, family who are worried or may need help #EventHashtag</p>	<p>Update your social networks or text your family and friends to say you're OK. Phone lines may be jammed. Check on neighbors and family who are worried or may need help.</p> <p>Link: addurl.gov</p> <p>Image: Use social media logo or show someone texting</p>	

	<p>Use Red Cross' Safe and Well site to let your family and friends know that you are ok http://bit.ly/1F2yFjR #EventHashtag</p>	<p>Want to touch base with your loved ones to let them know that you are alright? Log on to the Red Cross' Safe and Well site here: Link: https://safeandwell.communityos.org/cms/index.safe.php Image: Link has an image</p>	
<p>Social Service Needs</p>	<p><u>ReTweet updates on social service needs from DPW, Salvation Army, and United Way. If those agencies are not tweeting use the following messages:</u></p> <p>Volunteers needed! Please contact XXX for more info bit.ly/addurl #EventHashtag</p> <p><u>For Southeastern PA:</u></p> <p>Have a non-emergency need? Call 2-1-1 or visit http://www.211sepa.org/ #EventHashtag</p> <p>If you are an agency that supports individuals in their homes, contact your county, call 2-1-1, or click here www.211sepa.org #EventHashtag</p> <p>Retweet important messages from city/Red Cross</p>	<p><u>Share updates on social service needs from DPW, Salvation Army and United Way. If those agencies are not posting on FB use the following messages:</u></p> <p>Volunteers needed to help following the Ebola virus outbreak! Please contact XXX for more information. Link: addurl.gov</p> <p><u>For Southeastern PA:</u></p> <p>Have a non-emergency need? Call 2-1-1 or visit http://www.211sepa.org/ Image: 211 SEPA logo</p> <p>:If you are an agency that supports individuals in their homes, get in touch with your county by contacting them directly, by calling 2-1-1, or by visiting the link below. Link: http://www.211sepa.org/ Image: Add an image of 211 SEPA logo</p>	

		Share important messages from the city/Red Cross	
Rumor Control	<p>Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.</p> <p>If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.</p>	<p>Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.</p>	

Recovery	Twitter	Facebook	Image
General Updates	<p>FYI: We are using #EventHashtag for updates following the Ebola outbreak. We encourage everyone to do the same.</p> <p>Watch the latest (insert time) press briefing on Ebola from (PA DOH/Governor) bit.ly/addurl #EventHashtag</p> <p>(*If power is out, could link to YouTube video/website of local news station/PA DOH website with summary of key points from press conference)</p>	<p>Watch the latest (insert time) press briefing following the Ebola outbreak from (PA DOH/Governor). The next update on the Ebola outbreak will take place at (insert date/time), so keep checking back for the latest information</p> <p>Link: addurl.gov</p> <p>Image: Include photo from press conference</p> <p>Have a Twitter account? If so, follow @(insert DOH Twitter Name) for updates on how to stay safe following the Ebola outbreak.</p>	

	<p>(*Tweet key messages from press conference)</p> <p>Tweet your Ebola questions to us @(DOH Twitter Handle) and we'll try to answer them #EventHashtag</p> <p>The next #EventHashtag update from (PA DOH/Governor) will take place at (insert date/time) Watch it at bit.ly/addurl</p> <p>Remember to use 911 only in emergencies. For other requests, call 311 (Or equivalent non-emergency contact center in your area) #EventHashtag</p> <p>Reminder: Follow @(insert DOH Twitter handle) for updates on #EventHashtag recovery</p> <p>Other good orgs to follow for updated info on recovery include (insert Twitter handles of appropriate federal/state/local officials) #EventHashtag</p> <p>(*Monitor and Retweet key messages)</p>	<p>Link: PA DOH's Twitter Page Image: Use PA DOH Twitter Image</p> <p>Want to receive updates about Ebola via text message on your phone? Text "Follow (insert DOH Twitter handle)" to 40404, and stay in the know.</p> <p>Remember: only use 9-1-1 for emergencies. For other requests, call 3-1-1 (Or equivalent non-emergency contact center in your area)</p> <p>Other good organizations to follow for updated info on recovery are (insert Twitter handles of appropriate federal/state/local officials).</p> <p>(*Monitor and share key messages)</p>	
Mental Health	<p>Mental health services remain open in your area. For more info visit bit.ly/addurl #EventHashtag</p> <p>Mental health services are open in XXX counties. For more info visit bit.ly/addurl #EventHashtag</p>	<p>Mental health services are open in XXX counties. They will remain open until XXX day/time. For more information call XXX-XXX-XXXX or visit the link below. Link: addurl.gov</p>	

Mental health services will remain open until **XXX day/time**. For more info visit bit.ly/addurl #EventHashtag

Coping with an outbreak can be stressful. SAMHSA is a free, confidential service to help <http://1.usa.gov/1kwrc1R> #EventHashtag

Feeling depressed or stressed? Mental health services are in your area bit.ly/addurl #EventHashtag

Help yourself and your community heal: visit this website for tips <http://1.usa.gov/ShAMxO> #EventHashtag

Give yourself time to heal. If you need help contact **XXX-XXX-XXXX** or visit bit.ly/addurl #EventHashtag

Talk to someone about your feelings to ease stress, even though it may seem difficult <http://1.usa.gov/1krygvf> #EventHashtag

There are many things you can do to cope with this event: talk with family/friends/clergy <http://1.usa.gov/1krygvf> #EventHashtag

Image: Include a map of mental health facilities

Coping with an outbreak can be stressful. SAMHSA is a free, confidential service to help if you are feeling depressed or stressed.

Link: <http://www.disasterdistress.samhsa.gov/>

Image: Link includes a photo

Help yourself and your community heal. If you need help contact **XXX-XXX-XXXX** or visit the website below for tips.

Link: <http://emergency.cdc.gov/masscasualties/coveringpub.asp>

Image: Show a distressed person

Talk to someone about your feelings to ease stress, even though it may seem difficult. There are many things you can do to cope with this event: talk with family, friends, or clergy.

Link: <http://emergency.cdc.gov/mentalhealth/>

Image: Show a distressed person

Talk to your children about their thoughts. You do not need to have all the answers, just listen.

	<p>Talk to your children about their thoughts. You do not need to have all the answers, just listen #EventHashtag</p>	<p>Link: http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html Image: Link includes a photo</p>	
<p>Stigma</p>	<p>Stigma involves stereotyping and discriminating against an identifiable group of people #EventHashtag</p> <p>Stigma can occur when ppl associate a disease like Ebola w/ a population, even though not everyone in that group is at risk #EventHashtag</p> <p>Stigma occurred among Asian Americans in the United States during the SARS pandemic in 2003 #EventHashtag</p> <p>Help ensure that you & others you know do not stigmatize certain members of your community during the Ebola outbreak #EventHashtag</p>	<p>Stigma involves stereotyping and discriminating against an identifiable group of people. It occurs when people associate a disease like Ebola w/ a population, even though not everyone in that population is at risk. Stigma occurred among Asian Americans in the United States during the SARS pandemic in 2003. Help ensure that you & others you know do not stigmatize certain members of your community during the Ebola outbreak. Image: Needs an image</p>	
<p>Medical supplies</p>	<p><u>ReTweet messages/maps about status of pharmacies from partner agencies</u></p> <p>Out of your daily meds? Click here for an updated map of pharmacies that are open in your area bit.ly/addurl #EventHashtag</p>	<p><u>Share messages/maps about status of pharmacies from partner agencies</u></p> <p>Out of your daily medications following the Ebola outbreak? Check out this map for an updated look at which pharmacies are open in your area Link: addurl.gov Image: Include image of map</p>	

<p>Social Service Needs</p>	<p><u>ReTweet updates on social service needs from DPW and United Way.</u></p> <p><u>For Southeastern PA:</u></p> <p>Have a non-emergency need? Call 2-1-1 #EventHashtag</p> <p>Home health agencies are needed to help homebound people following the Ebola outbreak. Call 2-1-1 if your agency can help #EventHashtag</p>	<p><u>Share updates on social service needs from DPW and United Way. If those agencies are not posting on FB use the following messages:</u></p> <p><u>For Southeastern PA:</u></p> <p>Have a non-emergency need? Call 2-1-1 or visit http://www.211sepa.org/</p> <p>Image: 211 SEPA logo</p> <p>Home health agencies are needed to help homebound people following the Ebola outbreak. Call 2-1-1 or visit http://www.211sepa.org/ if your agency can help.</p> <p>Image: 211 SEPA logo</p>	
<p>Rumor control</p>	<p>Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA’s Rumor Control page during Hurricane Sandy), link your audience to them.</p>	<p>Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA’s Rumor Control page during Hurricane Sandy), link your audience to them.</p>	

If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.