



Kenya Medical Association

NATIONAL EXECUTIVE

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PUBLIC ADVISORY ON EBOLA VIRUS DISEASE AND PUBLIC GATHERINGS

The Kenya Medical Association (KMA) notes the ongoing public health preparedness measures relating to the outbreak of Ebola virus disease, Bundibugyo strain, and the public discussion about whether gatherings are safe. KMA wishes to give the public clear and accurate guidance, in line with the Ministry of Health's directives.

1. Public gatherings

The Cabinet Secretary of Health through a communication dated 11th October 2026 has confirmed that there are currently ***no restrictions on travel, trade, transport or public gatherings***. Weddings, funerals, worship, conferences, school and sports events may continue, with basic hygiene measures and temperature checks at entry points. Please follow official Ministry of Health updates, ***as this may change***.

2. Know the facts

Ebola does not spread through the air. It spreads through direct contact with the blood or body fluids of a person who is sick with Ebola or has died from it, or with items soiled by those fluids. A person without symptoms does not spread it. Symptoms include sudden fever, headache, muscle pain, weakness, vomiting, diarrhoea and, sometimes, unexplained bleeding. Because these resemble malaria and typhoid, only a medical assessment and laboratory test can confirm Ebola.

3. What you can do

- **Organizers:** provide handwashing points or sanitizer, carry out temperature checks, and name a person to handle illness and link with the nearest health facility.
- **Everyone:** wash your hands often; stay at home if you are unwell; avoid contact with body fluids of anyone who is sick; do not share towels, cups or utensils; and cooperate with public health officers.
- **Funerals:** if someone dies after a sudden illness with fever or bleeding, do not wash, touch or prepare the body. Contact the nearest health facility; authorities will support a safe and dignified burial.
- **Travel or exposure:** if you have travelled from an affected area, have been identified as a contact, or have been near a suspected case, and you develop symptoms, avoid gatherings, do not self-medicate, call the Ministry of Health toll-free line **719** (or dial ***719#**), and tell the health worker your travel history.

4. Stop rumours, not people

Rely on the Ministry of Health, the World Health Organization and qualified health professionals, and do not share unverified messages. Do not stigmatize travelers, health workers or people who have been tested; stigma makes people hide symptoms and helps the disease spread.

Kenya's first imported case was detected and its contacts traced quickly, which shows that our systems are working. Simple steps protect us all: wash your hands, stay home when sick, seek care early, and share only verified information.

Dr Lyndah Kemunto,
Secretary- General
Kenya Medical Association

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