



## Hemorrhagic Fever Symptoms: Marburg, Ebola Virus

**NOTE:** Similar symptoms occur with exposure to electromagnetic radiation (5G and other), as well as vaccine injury, so the presence of these symptoms indicates the need for comprehensive medical evaluation to determine the specific cause.

**Onset:** Symptoms may begin abruptly within five to 10 days but may take as long as up to 30 days following exposure/infection with Ebola virus or Marburg virus.

*Early signs and symptoms include:*

- Fever, chills, weakness
- Severe headache
- Joint and muscle aches

As the viral illness worsens, symptoms become increasingly severe, including:

- Nausea and vomiting
- Diarrhea, watery progressing to bloody
- Red eyes
- Bruising
- Skin rash
- Chest pain, sore throat, cough
- Abdominal cramping, jaundice, and upper GI pain
- Severe weight loss
- Internal Bleeding, usually from the eyes, and when close to death, possible bleeding from the ears, nose and rectum



As the illnesses progress, symptoms and signs become more severe:

- Bleeding, leading to hypovolemic shock
- Delirium, seizures, coma, and death

**Complications in Survivors:** Recovery can be long and slow since the viruses remain in the body for weeks. It may take months to regain weight and strength. People may experience:

- *diffuse muscle weakness, severe fatigue, sensory changes/nerve damage, headaches, hair loss, inflammation of eyes, heart, lung, kidney, liver (hepatitis), ovaries and testicles*

**PRE-EXPOSURE PROPHYLAXIS and EARLY TREATMENT OPTIONS: Marburg, Ebola:**

**Rx Medications:** (see NIH studies):

- **Albendazole** (FDA-approved “de-wormer”): 400 mg once when using for parasites; available in the USA by prescription, dosing frequency not established for Marburg virus
- **Mebendazole** (FDA-approved “de-wormer”): 100 mg BID for 3 days when using for parasites; available in the USA by prescription; dosing frequency not established for Marburg virus
- **Fenbendazole** (same class of medicines as above, but it is an approved Veterinary product, not approved for human use, available on-line
- **Hydroxychloroquine and IVM**, in dosing similar to COVID, have been reported to help in the Hemorrhagic fever family of viruses, which includes Marburg, Ebola, Lassa fever, and several others.

**Supplements and Nutraceuticals:** These have research-based evidence for anti-viral, anti-inflammatory, immune-boosting, and neuro-protective benefits in the spectrum of viral illnesses that includes the Hemorrhagic Fevers, as well as the same benefits for COVID vaccine-injured patients, COVID illness, and radiation-induced illness.

We advise having your individual physician or other trusted health professional check blood levels of ones that may be detrimental if used in excessive amounts, such as Vit D, zinc, B6, B12, magnesium. Then an individual dose can be decided based on objective lab data.



## Supplements and Nutraceuticals Basic List:

- Vitamin D (in oil): 5000 IU AM and PM
- Zinc sulfate 220 mg daily (50 mg elemental zinc)
- N-acetyl cysteine (NAC) 600-1200 mg daily
- Vitamin C with bioflavonoids 2000 mg (increase if symptoms times a day)
- Magnesium 400 mg once or twice a day
- B complex
- Immune-boost Mushroom complex powder (Lion's Mane, Turkey Tail, Reishi, Maitake, Chaga etc.)
- Aspirin 81 mg prevention dose, 325 mg full-strength anti-platelet dose (to reduce risk of blood clotting. If abnormal bleeding is happening, do NOT use aspirin, or supplements that have anticoagulant effects such as Vitamin E and fish oils).

## Antioxidant Boosters:

- Glutathione
- Flavinoids with vitamin C
- Quercetin
- Green tea
- Elderberry juice
- Co-Q-10
- Resveratrol 500 mg
- Monolaurin (derived from coconuts)
- Blackseed oil (N-sativa seed)

## If Hospitalized:

**Supportive hospital care:** maintain fluid balance, maintain blood pressure, oxygen therapy, replacing lost blood, controlling abnormal clotting/bleeding, treating secondary infections.

**Prescription medications** individually tailored to the specific medical problems: pressor agents, antibiotics, anti-virals, anti-inflammatory medicines, anti-coagulants and others. Some studies show effectiveness of fenbendazole, hydroxychloroquine, and ivermectin.



**Transmission:** Most hemorrhagic fevers, particularly Marburg and Ebola, are spread through person-to-person contact. The virus spreads when secretions (saliva, blood, vomit, stool, vaginal secretions, and semen) of a symptomatically infected person have contact with mucous membranes (mouth, nose, eyes or breaks in the skin) of someone who is uninfected. Family members can be infected as they care for sick relatives or prepare the dead for burial. Healthcare personnel can be infected if not using proper protective equipment that covers them from head to toe. Hospitals often use the decontamination strategies below.

**Importance of hygiene practices and environmental management:**

The risk of spreading illness can be reduced by using good hand washing, avoiding contact with the “T” zone and quality environmental decontamination efforts. The “T” zone is an area of the face routinely touched during daily activity. This contact typically is unconscious or a result of habit. Most people think this happens only in children, but it is just as common in adults.

By paying close attention to your hand and finger contact with your eyes, nose and mouth, then working to change those habits, you can learn to limit exposure to infectious organisms. Always wash your hands before touching your eyes, nose and mouth, **ESPECIALLY** when you are exposed to someone who is sick.



**Environmental Management: Decontamination Strategies Adaptable for Home Use**

At this time Chlorine dioxide solution (CDS) is the leading agent used for environmental decontamination to control the spread of Ebola outbreaks in West Africa by the US Military. Chlorine dioxide solution has been used safely and effectively in cleaning and sterilization efforts in the medical, agricultural, and industrial communities for decades.



You can learn more about use of chlorine dioxide in Ebola decontamination (similar to Marburg illness) by visiting the “Health and Resilience” page on our website, and also read this article: <https://www.frontiersin.org/articles/10.3389/fmicb.2015.00663/full>

There are many patents related to the safe use of CDS for purifying water, treating wounds, sterilizing of medical equipment and much, more. The two solutions used to make the activated CDC are easy to purchase, inexpensive and stable to store.

Read more about it on our website under [Health and Resilience](#) section. There are many references and resources described in the video and resource guidebook.

## THE BOTTOM LINE:

**Marburg and Ebola are LOW transmissibility but high mortality. PREVENTION and rapid early treatment are keys to survival.**

### A Few References:

<https://www.sciencedirect.com/science/article/pii/S1201971220305865>

[Ebola virus and Marburg virus - Symptoms and causes - Mayo Clinic](#)

[Radiation Sickness Symptoms and Causes – Mayo Clinic](#)

Marburg virus disease: A summary for clinicians. *International Journal of Infectious Diseases*. 2020;99:233-242. doi:10.1016/j.ijid.2020.07.042

Mangat R, Louie T. Viral Hemorrhagic Fevers. PubMed. Published 2021. <https://www.ncbi.nlm.nih.gov/books/NBK560717/>

<https://www.balanceofnature.com> This is just one of many resources for products combining many of the supplements and nutraceuticals listed above to make it easier to add these to your daily health plan.

References and resources to be added regularly to our website: [www.TruthForHealth.org](http://www.TruthForHealth.org) Check back for new info!