

# iBola Fact Sheet

iBola is a harmful and rapidly-spreading mental illness contagion that leads to addictive and socially destructive behavior.

The disease is chronic if left untreated, and symptoms often become more severe over time.

Experimental treatments exist but limited data exist as to their long-term effectiveness.

The disease affects primarily humans. Other primates have shown ability to exhibit certain symptoms of iBola, but appear to have protections against the disease.

## Symptoms

Three or more of the following symptoms must be present for someone to be clinically diagnosed with iBola:

- using cameras on touch-activated personal electronic devices to take self-portraits at least once every seven days
- taking such self-portraits with other individuals without seeking permission
- dramatic mood swings surrounding portrait-taking events, commonly expressed as the depressed/happy/depressed (DHD) pattern
- disregard for health and well-being of people and other life during portrait-taking events
- frequent touching of pants pockets or inspection of purse contents
- panic, followed by depression, when not within 12 ft of device, not perceived to be within 12 ft of device, any disruption to Internet connectivity of device

## Causes

- Witnessing the symptoms of those afflicted with iBola.
- Regular exposure to Internet connectivity and one or more devices that fulfill the following criteria: touchscreen-activated; continuous Internet connectivity,

## Infection Vectors

iBola can easily spread between persons in both physical and virtual contexts, but is most commonly spread in these manners:

- parent to child
- teenager to teenager
- between attendees at private parties or at entertainment establishments

## **Treatment**

A very effective short-term intervention for iBola is immediate removal of all personal electronic devices containing cameras. However, this treatment often results in severe, violent withdrawal symptoms, and does not cure the disease.

Gradual self-treatment is possible, using the following phases:

- Uninstall "apps" on device that make use of camera
- Turn on "do not disturb" feature of device
- Turn on "airplane" mode of device
- Turn off device
- Replace device with one with fewer connectivity options

## **Prevention**

- Avoidance of electronic devices that meet the following criteria:
  - camera
  - Internet access
  - Apps

## **Contributors to this fact sheet**

- Matthew Scott (created first draft)
- Matthew Wilkinson (coined the term iBola)