

Ebola SMS Course for Health Workers

Ebola SMS Course Texts

SMS Message - English	Krio
Over the next few days you will receive texts from XXX regarding Ebola prevention, diagnosis, care, and communication.	Yu go get mesej insay di neks tu tri des from 117 bot wetin yu go du we yu no go get Ebola, Aw yu go no se yu don get di sik, aw fo tek tem en udat yu kin tak to.
Ebola Virus Disease (Ebola) is caused by the Ebola virus and not transmitted through water or food or other means.	Ebola Vayros Diziz (EBOLA) na di Ebola vayros de mek yu get Ebola en yu no go get am tru wata o it o dasay dem.
Symptoms of Ebola include fever >38.6 & other symptoms including vomiting, diarrhea, unexplained bleeding, muscle pain & headache	Aw yu go no se yu don get Ebola na hin dis – yu go get Fiva we yu temprech de 38.6 en oba o da sayn den lek we yu de vomit, yu bele de ron, blod de komot pan yu, yu bodi de at don yu ed sef de at
Ebola is transmitted via body fluids (blood, saliva, sweat, urine, stool, vomit, semen and breast milk) of people infected with the Ebola virus.	Yu go get Ebola tru wata we de komot na psin bodi lek (Blod, pit, swet, yu pis, pupu, vomit, yu spam en bobi wata) we get di Ebola Vayros
Ebola is transmitted when infected body fluids come in contact with mucosa (lips, nose, eyes) or broken skin of a healthy person.	Yu go get Ebola we di wata pan psin we hin bodi get di sik toch (yu lip, yu nos o yu yay) o psin we hin bodi get krach bot no get di sik.
The Ebola virus comes from fruit bats and other bush meat. Advise communities to NOT touch or eat bats or other bush meat.	The Ebola Vayros komot pan fruits, bat en o da bush mit den. Tok to yu komyuniti mek den no toch o it bats o bush mit.
Ebola is NOT transmitted by respiratory droplets, food, water, or just being in the same room with someone with Ebola.	Yu no go get Ebola we yu de blo en wata de dropt, it, wata o if yu de na di sem rum with psin we get Ebola.
The Ebola virus is easily killed on surfaces	Yu go ebul kil di Ebola vayros pantap wit 0.5%

with 0.5% chlorine bleach solution.	Klorin blich Solushɔn.
Ebola symptoms can appear up to 21 days after exposure & normally appear within 2 to 10 days.	Yu go no se yu ɣet di Ebola sik en I kin sho te 21 days afta yu ekspoz yusef en I kin sho se yu dɔn ɣet di sik frɔm 2 to 10 days.
Healthy people with known Ebola exposure should be monitored for 21 days from their last known exposure.	Yu we na pɔsin we wɛl bɔt sho sayn se yu ekspoz to the sik, dɛn go de wach yu te 21 days frɔm di las tɛm we yu ekspoz to di sik.
Sick adults & children with known Ebola exposure are presumed to have Ebola & should be admitted to isolation wards & their contacts traced	Di ɔspitul pipul dɛn kin se Pikin en big pipul we sik wit the Ebola fɔ admit na the wɔd na ɔspitul we na dɛn nɔmɔ dede dɛn, dɛn go luk fɔ ɔl the pipul dɛn we dɛn bin dɔn miks wit.
Health workers can protect themselves from Ebola by wearing Personal Protection Equipment (PPE): gloves, gowns, goggles, masks, boots	The ɔspitul wokman dɛn fɔ wɛr di Pasɔnal Protekshɔn Ekwipmɛnt (PPE): Lɛk ɣlɔvs, gawn, ɣɔɣuls, masks en but fɔ protekt densef mek dɔn nɔ ɣet di Ebola
Personal Protective Equipment should be put on in this order: gown, mask, goggles, and gloves.	Na so yu fɔ wɛr di Pasɔnal Protekshɔn Ekwipmɛnt (PPE): Gawn, mask, ɣɔɣuls en ɣlɔvs.
Always use great care when removing PPE so you don't touch the dirty surfaces and infect yourself.	Yu fɔ tek yu tɛm ɔltɛm we yu de pul di PPE so yu nɔ go tɔch di frɔnt we go dɔn dɔti en ɣi yusef di sik.
Remove PPE in this order and dispose in biohazard bin: gloves, goggles, gown, & mask	Na so yu fɔ pul di PPE en trowe am na say we dɛn mek fɔ trowe am: ɣlɔvs, gawn en mask
Health workers who receive a sharps injury while caring for Ebola patients should wash the area immediately with soap & report incident.	ɔspitul wokman we wund we I de tek kia ɔf Ebola pashɛnt fɔ was the aria we wund wit sop en wata en repɔt wetin bi wantɛm.
The best care for patients with Ebola is fluid & electrolyte replacement, blood pressure support, nutrition, comfort care, & oxygen if needed	Di best we fɔ tek kia ɔf dɛn wan dɛn we ɣet Ebola na fɔ ɣi dɛn bɔku wata en Elektrolayt, blɔd preshɔ sɔpɔt, kɔmfɔt en ɔksigen if dɛn want am
Ebola survival rate is about 50% with better	Di wan dɛn we dɛn don mɛn en we wɛl na 50% en I kin betɛ fɔ dɛn wan we go na di ɔspitul

rates for those who get early care.	kwik kwik wan wen den sik.
There is no tested, widely available treatment or vaccine for Ebola, although some are being developed.	Nɔn mɛrɛsin ɔ maklet nɔ de we den dɔn tɛst ɔ apruv na di wɔl fɔ Ebola aldo den stil de wok fɔ fɛn di rayt mɛrɛsin.
Let communities know they should stop traditional practices of people touching the bodies of dead family members.	Mek di kɔmyuniti no se den fɔ tap den tradishon fɔ tɔch dede bɔdi we na den fambul we den dɔn day.
Let communities know that their members with Ebola are much more likely to live if they are cared for in a hospital than at home.	Mek di kɔmyuniti no se den pipul den we get Ebola nɔ go day if den tek kia of den na ɔspitul dan den de pepɛ dɔkta den na ose.
Let family members see the dead bodies of their relatives who died from Ebola, ask questions, and watch the burial.	Mek di pɔsin we Ebola kil hin fambul den si di dede bɔdi, aks kweshɔn ɛn wach we dɔn de bɛr dɛm.
This ends the series of Ebola texts from XXX . If you have more questions please call the Ebola hotline (XXX)XXX-XXX	Na ya wi go tap the Ebola tɛks siries we kɔmɔt frɔm XXXXXX If yu get mɔ kweshɔn na fɔ kɔl the Ebola layn na 117