

Key Messages for Social Mobilization and Community Engagement in Intense Transmission Areas FULAR

Ebola Guidance Package

September 2014



<i>Overarching Messages</i>	<i>Lile Zuuuzze</i>
Ebola is real and kills. But you can protect yourself, your family, and your community.	Eboolawu zum goonga kadin ngu waray. Amma a waaway paddoza hoore maaza e iyaalu maaza e ummaatoore ngonza.
Be alert – help stop the spread of Ebola. Speak with your local community leader if you suspect someone with Ebola in your community or call the toll free Ebola Hotline XXXX for advice.	Maanda – wallu tavvoza raavaaki Eboolaawu. Anndin arzo moozon malla nodda telefol Eboolawu caahu ngol limngal XXXX ngam saawara,
Do not touch a sick person with suspected Ebola or someone who has died from Ebola.	Taa meemu nyawzo sekiraazo Eboolawu malla mo Eboolawu wari.
Ebola causes sudden high fever, extreme tiredness, headache, body pain and loss of appetite. If you have a sudden high fever after contact with a person with Ebola or after attending a funeral, go to the nearest health facility.	Eboolawu e anndira oppere nyaaznde e ziggol vanndol e naawol hoore e naawol vanndu e wanyuki nyaamndu. To a nanii oppere nyaaznde vaawo yiiduki e mo Eboolawu malla vaawo uwuki nyawzo-ngu, yahuki nyawndirdu vadiindu.
Early treatment of Ebola at a health facility increases your chance of survival. By going to the health facility the moment you have symptoms, you protect your family and community and help stop the spread of the disease.	Nyawndeeki Eboolawu law to nyawndirdu zum zatal hisuki nyawndu ngun. To a yahilawii nyawndirdu no nanirza vanndu welaa, a faddoto iyaalu maaza e ummaatoore ngonza kadin a hazii-ngu raavaaki.
Wash your hands frequently with soap and water after every social contact.	Yaawu lootirki juuze maaza haatiire nde sumpootirzon e gozzo fuu.

<i>Supporting Messages</i>	<i>Lile Walliinde</i>
Ebola enters your body through your mouth, nose and eyes, or a break in the skin. To catch Ebola, you must touch the bodily fluids of a person with Ebola and then with dirty hands touch your eyes nose or mouth. Bodily fluids include sweat, stools, vomit, urine, semen, vaginal fluid and blood.	Eboolawu e nastira vanndu maaza hunnduko e kine e gite malla qarsannde to lara. Bako nanngoo Eboolawu, doole meema ndiyam vanndu mo Eboolawu nden e juuze meemiraaze zen meemaa gite malla kine malla hunnduko maaza. Di'eele vanndu ngoni asawre (wulweende) e bu'e e tuute e cille e mbuulam e xiixam.
A person who has died of Ebola is still highly infectious and should not be touched. Call the toll free Ebola Hotline XXXX to arrange for the body to be picked up or contact your local community leader.	Mo nyawu Eboolawu wari e woodi tooke maagu sane ngam non taa o meemee. Noddir telefol caahu ngol Eboolawu ngol limngal XXXX anndina gaawaare mayzo on uwowee malla anndina arzo moozon.

<p>Ebola is spread to humans from some animals like bats and monkeys. People can catch the disease touching or eating a sick or dead animal. Never eat animals that are found sick or dead. Now that Ebola is in the human population it is being spread from human to human.</p>	<p>Eboolawu e raavoree dabbaaji gozzi bano bilbili e baazi. Yimve ndaavorto-ngu to meemii malla nyaamii-zi nyawzi malla baatuzi. Taa nyaamu dabbaaji nyawzi malla caazuzi. Jooni nde Eboolawu e tawee to himve e ngu raavoree nezzo e nezzo.</p>
<p>Ebola can also be caught from a used razor at a barber shop, or when receiving an injection with a needle that has already been used (hospital or tattoo parlour), or if you are cut in a ceremony with a knife that has been used on someone who is infected. You cannot get Ebola by talking to people, walking in the street or shopping in the market.</p>	<p>Kadin ma Eboolawu e raavoree pemmborki malla baatal ngal gozzo tufira (to nyawndirdu malla to xarordu), malla to a taxiraama lavi ki nyawzo on taxira. Eboolawu raavortaake geeti malla tokkootirki to zatal e nyawzo malla wonnduki luumo wo’ooto e maako.</p>
<p>If you or someone you know falls sick with sudden high fever, extreme tiredness, headache, body pain and loss of appetite, consult your local community leader and immediately call the Ebola Hotline at XXXX for advice.</p>	<p>To aan malla mo annduzo oppere nyaaznde nanngii-zum e ziggol vanndu e naawol hoore e naawol vanndu e wanyuki nyaamndu, anndin arzo moozon nden yawza nodda telefol caahu ngol Eboolawu ngol limngal XXXX ngam saawara.</p>
<p>If someone you know dies with symptoms of Ebola do not touch the body. Call immediately the toll free Ebola Hotline and consult your local community leader. Pay your respects without touching, kissing, cleaning or wrapping the body. The body can be prayed over to complete religious practices, but at a safe distance of one meter, without touching. The person’s soiled clothes and bedding are contagious and must be burnt. The house, latrine and person’s room must be disinfected by trained staff. Call the toll free Ebola Hotline.</p>	<p>To gozzo maayii nden e holla Eboolawu wari-mo taa meemee gaawaare nden. Yawza noddu telefol Eboolawu caahu nden anndina Arzo moozon. Mawnin mayzo amma taa meemu gaawaare nden, taa hebba-mo, taa lootu-nde malla suuruki-nde. O waaway o juulee zon to o woni, taa o vadee bano miita go’o hakkunde, taa nde meemee. Kolte mayzo on vornii e gude leeso maako ndaavoto ngam non doole ze ngulee. Wuro mayzo on e gaza suudu e suudu maako doole annduzo fuufana-zi lekki. Noddu telefol Eboolawu caahu.</p>
<p>Children orphaned or separated from caregivers due to Ebola may be very fearful and will need care and support. If a child is orphaned or separated immediately contact a trusted child protection actor to initiate reunification with relatives or other trusted members of the community known to the child, such as neighbours or relatives.</p>	<p>Vivve dulluve danyoove malla cenndaave e nyawndoove ngam daliila Eboolawu kulnitoto ngam non ve kakkilane ve mballee. To vinngel dullii danyoove muuzum malla o hakita, yawza hawtu-mo e koolaazo ngam hawta-mo e sakiraave malla wovve hoolaave ve o anndi bano heddiraave malla sakiraave.</p>
<p>The body of a person with Ebola should only</p>	<p>Gawaare mo Eboolawu doole zalanee</p>

be handled by people who are trained in safe burial practices.	anndanve no uwirta nyawzo jam.
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<i>Treatment: Information for those seeking treatment for a person with symptoms of Ebola</i>	<i>Nyawnduki: Habaru yizve anndanki nyawnduki kolluzo e woodi Eboolawu</i>
Free treatment for Ebola is available at health facilities.	Caahu Eboolawu nyawndetee to nyawndirzi fuu.
It is always best to seek treatment at your nearest health facility. Early treatment increases your chance of survival compared to staying at home.	Ko haandi tefa nyawndee to nyawndirdu vadiindu-zum. To nyawndilawaama waaway hisa e dow joozoo to wuro non.
At the health facility the medical team provides treatment of the disease by: lowering the fever, providing rehydration and good nutrition, reducing pain and controlling infection.	To nyawndirdu ndun nezzo nyawndirteezo: Vustanteezo oppere, jarneteezo ndiyam nden nyaamnee woozundu, vustanteezo naawol nden darnay raavaaki.
Going to the health clinic the moment you have signs and symptoms protects your family and your community and prevents the spread of the disease.	Yahuki nyawndirdu no nanirza vanndu welaa to a faddi iyaalu maaza e ummaatoore maaza nden a hazii-ngu raavaaki.
Do not care for a sick person at home. Entire families get sick and die from treating one person at home.	Taa wi'i a nyawnday nyawzo to wuro. Ngu waaway ngu warda fuu iyaalu ngun to nyawnduki go'ooto nder wuro.
If you or someone in your family or community is sick, immediately contact your local community leader and call the toll free Ebola Hotline for advice at XXXX.	To gozzo nder iyaalu malla ummaatoore moozon nyawii, anndinee Arzo moozon law nden noddon telefol Eboolawu ngol caahu law.
Ebola treatment centres have been established in major hospitals and field centres to provide the safest possible care to persons with symptoms of Ebola.	Nyawndirze Eboolawu tiggaama nder nyawndirzi mawzi e bigeeje gozze ngam hakkilanki law nannduve e ngoodi-ngu.
In areas where treatment services are fully occupied or not yet established, Ebola care or referral centres are being established to help stop the spread of the disease. Ebola care or referral centres can also help communities track and monitor contacts of patients who may have also caught the disease.	To boo nyawndirzi keewii malla zi ngalaa, e woodi tiggeteezi malla kakkilanooji ngam faddaaki nyawu ngun. Bigeeje nyawnduki Eboolawu mbaaway mballa ummaatooje kevta ve nyawve sumpootiri teema nyawve jooni.
It is important that you follow guidance from your local community leader, health facility	Zum kimminiizum tokkon ko Arzo moozon wi'i e huutirki e telefol Eboolawu ngol caahu dow

or the toll free Ebola Hotline on what is the best care available to you.	to nyawndeeki hevotoo.
Wash your hands frequently with soap and water after every social contact.	Yaawa lootira juuze muuzum haatiire sarde fuu nde sumpootiri fuu.
If it is impossible for you to travel or contact your local health facility and you or a family member falls sick with suspected Ebola, immediately provide them with their own space. Provide them with their own plate, cup, spoon and towel. Wash these items with water and detergent or with disinfectant separately from the rest of the household.	To yahuki wazataako malla anndinon nyawndirdu moozon nden aan malla gozzo nder iyaalu raavake Eboolawu, njaawee kakitee-ve. Moye fuu hokkee taasawo muuzum e yardude e girbehi e taawol muuzum. Kuuje ze'e lootiree ndiyam e haatiire malla tooke nyawu feere maaje e ze wuro.
Assign one person to take care of the individual affected. Family or community members who have fully recovered from Ebola cannot catch it again during this outbreak and can safely provide care to others who are sick.	Nyawzo hokkee nezzo go'ooto kakkilanoowo e maako. Himve nder iyaalu malla himve nder ummaatoore nyawuzo Eboolawu to yamziti nyawataa sarde nde'e ngam maajum kanko o hakkilanay nyawve.
If you provide care, you need protective equipment. Use dish gloves, or plastic bags as gloves. Use a raincoat worn backwards as an apron. Don't touch the person with Ebola or their bodily fluids without protective equipment.	To a hakkilana nyawve, a hevy faddorde. Naftir vorne juuze malla leedaaji suuzaa juuze maaza. Naftir toggoore xiyeende kippaande vaawo woni yeeso. Taa meemu mo Eboolawu malla di'eele mavve maa e faddorde.
Provide the sick person with plenty of drinks, such as water, soup, tea and locally available beverages. Alcohol should not be given to persons sick or suspected of Ebola infection.	Nyawzo hevane njarah ndiyamjam bano ndiyam e li'o e tii e njaram anndaazam. Taa nyawve malla sekiraave nyawu ngun kokkee koyuka.
Wash your hands frequently with soap and water after every contact.	Nde sumpootirza e gozzo fuu loota juuze maaza haatiire sarde fuu.

<i>Information for those who have recovered from Ebola</i>	<i>Habaru nyawuve Eboolawu koyini</i>
If you have recovered from Ebola you cannot catch it again during this outbreak.	To a meezi nyawuki Eboolawu a nanngataako nder sarde nde'e.
You can help the community by taking care of other sick people with Ebola. Follow hygiene rules so you do not carry the fluids of a sick person to other family or community members.	A waaway mballa nyawve Eboolawu nder ummaatoore. Tokku zate seewaaku taa njaaranaa wovve nder iyaalu malla ummaatoore di'eele nyawzo.

<p>You can no longer infect others. However, men who recover from Ebola should wear a condom during sexual contact for at least 3 months after recovery – Ebola is present in the semen up to this time.</p>	<p>Aan a raavataako wovve. Amma fuu e non koynuzo Eboolawu vornoo malafaare to baldal nanngii lebbi tati vaawo hoynuki – ngam Eboolawu wonay nder mbuulam maako.</p>
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<p><i>Contacts: Information for those who have had close contact with a person with Ebola</i></p>	<p><i>Sumpo: Habaru sumpootirve masin e mo Eboolawu</i></p>
<p>If you have touched or been in close contact with someone with Ebola or attended a funeral of someone who has died of Ebola you may have been exposed to the disease.</p>	<p>To a meemii malla a sumpootirii mo Eboolawu malla a nder uwuve mo Eboolawu wari teema a raavake.</p>
<p>Contacts of people with suspected Ebola are those who have:</p>	<p>Sumpo e sekirteeve Eboolawu kanjum woni:</p>
<p>Slept in the same household with a person suspected of having Ebola</p>	<p>Walduki wuro wo’otoo e ceketeezo e woodi Eboolawu</p>
<p>Touched a person with suspected Ebola (alive or dead)</p>	<p>A meemii cekirteezo Eboolawu (mo yonki malla mayzo)</p>
<p>Had sexual contact with a person with suspected Ebola</p>	<p>Baldal hawtii-ma e cekirteezo Eboolawu</p>
<p>Touched the blood or bodily fluids of a person with suspected Ebola (alive or dead)</p>	<p>A meemii xiixam malla di’eele cekirteezo Eboolawu (mo yonki malla mayzo)</p>
<p>Touched the personal belongings of a person with suspected Ebola, including their clothes, towels and bed linen</p>	<p>A meemii kuuje cekirteezo Eboolawu, hawtaade e kolte maako e taawolji maako e gude leeso</p>
<p>Breastfed by a woman with Ebola</p>	<p>Musina debbo mo Eboolawu</p>
<p>Breastfed or wet-nursed a baby with Ebola</p>	<p>A musinii malla a lootanii vizzo mo Eboolawu cille</p>
<p>If you think you have come in close contact with someone with suspected Ebola you should closely monitor yourself and your family’s health and stay close to your home.</p>	<p>To a seka a sumpootirii e gozzo cekirteezo Eboolawu, maanda hoore maaza e iyaalu maaza kadin taa wancatay, jooza to wuro maaza.</p>
<p>Health workers may ask you to report the status of your health or visit you every day for 21 days until they are sure you do not show signs and symptoms of Ebola.</p>	<p>Nyawndoove mbi’ete anndinaave njamu maaza malla ve ngille nde weeti fuu maa ve tabbitinii kollooji Eboolawu ngalaa e maaza.</p>
<p>If you think you may have been exposed to Ebola minimize close contact with other family members. Signs and symptoms for Ebola can appear 2 - 21 days after being exposed to the disease. If you have a sudden high fever report to the health facility or call the toll free Ebola Hotline on XXXX.</p>	<p>To a seka a vadake Eboolawu vustu sumpootirki e iyaalu maaza. Kollooji Eboolawu mbanngay nder baalze 2 - 21 iga vadootirza e nyawu ngun. To oppere nyaaznde ombake anndin nyawndirdu dow telefol Eboolawu ngol caahu ngol limngal XXXX.</p>

You cannot spread Ebola disease until symptoms like sudden high fever and headache appear. A person who does not have physical symptoms cannot infect others.	A raavataako gozzo maa kollooji kollii bano oppere nyaaznde e naawol hoore. Mo kollooji kollaayi to vanndu walaa no o raavortoo wovve.
If you or a family member falls sick with sudden high fever, immediately contact your local community leader and call the Ebola Hotline at XXXX for advice. Go to your nearest health facility for treatment.	To aan malla gozzo nder iyaalu maaza oppere ombake-zum, yawza anndinira Arzo moozon telefol Eboolawu ngol limngal XXXX ngam saawara. Yahu to nyawndirde vadiinde ngam nyawndezaa.
Please note - Ebola can be transmitted between a baby and their mother (or wet-nursed) if one of them is infected. However, babies should continue to be exclusively breastfeed until 6 months and with complimentary feeding up to two years or beyond.	Maanda – Eboolawu ndaaveteengu hakkunde vizzo e inna (malla e cille vizzo) to gozzo nder mavve e nyawzo. Fuu e non, vivve ndarane musinol tan maa ve kewtii lebbi 6 nden o walliree nyaamndu maa o hewtii duuvi zizi malla o keeroo.
Breastfeeding should only be stopped if a trained health worker determines there is a risk to continue nursing or if either mother or child shows symptoms of Ebola.	To nyawndoowo annduzo wi'i musinol darnee ngam o maandake e woodi bone malla inna koo vizzo hollii kollooji Eboolawu haala kan tokkee.

<i>Safe Burial Practices: Information for those handling a person with Ebola who has died</i>	<i>Zate Uwol Jame: Habaru hakkilanoove mo Eboolawu nden o maayi</i>
If somebody in your family dies with suspected Ebola, immediately call the toll free Ebola Hotline at XXXX for disinfection of the house and removal of the body.	gozzo nder iyaalu maaza e sekee Eboolawu wari-mo, yawza noddu telefol Eboolawu ngol caahu ngol limngal XXXX ngam wuro ngon fuufanee lekki nden gaawaare nden wonnyee.
Pay your respects without touching, kissing, cleaning or wrapping the body before burial or cremation. The body can be prayed over to complete religious practices, but at a safe distance or one meter, without touching. Ebola is very infectious even after death.	Mawninee maayuzo amma taa meemee gaawaare nden, taa kebbe-mo, taa lootee-mo, taa vanndu ndun suuroo bako o uwee malla nde wulee. O waaway o juulee no diina hollii, amma o wozzee bano miita go'o hakkunde, taa o meemee. Gaawaare mo Eboolawu e woodi tooke zen masin.
The body of a person with Ebola should only be handled by trained personnel using appropriate protection. Bodies should be buried or cremated by teams trained in safe burial procedures.	Gaawaare mo Eboolawu doole annduzo hakkilanta-nde, o naftira paddooje kaanduze. Uwoove malla wuloove laatoo annduve zate no haandi uwuki jami wazirtee.
Under no circumstances should a body be touched or moved after burial.	Taa vanndu meemee malla ndu sottinee vaawo uweeki.
Wash your hands frequently with soap and	Yaawu lootuki juuze e ndiyam e haatiire no

water after every social contact.	sumporiza e gozzo.
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<i>What can you do to Stop Ebola in your community?</i>	<i>Zume ngazata ndarna Eboolawu to ummaatoore maaza?</i>
Begin by educating and protecting yourself, your family and your community.	Fuzzir hollutuki e faddaaki hoore maaza e iyaalu e umaatoore.
Contact your local political or community leader to devise ways to inform and engage your community. Also contact NGOs & INGOs and volunteer with them.	Sumpootir siyaasaajo malla Arzo heva mburtinon zate anndinki ummaatoore. Kadin tawoy NGOji & INGOji nden kuuda e mavve.
Speak with influential leaders like Chiefs & Traditional Leaders, Imams, Priests & Pastors, women's and youth groups, traditional healers & societal heads about their role in educating the community about how to prevent Ebola.	Woldu e mawve bano laamiive & ardiive ndonndonu e liimaami'en e fasto'en e inniraave e kawtal sukaave, hurgoove & ardiive dow kuugal mavve nder ekkitinki ummaatoore no Eboolawu faddortee.
Volunteer with Community Health Workers going door-to-door educating the population.	Huudu e Nyawndoove ummaatoore njahon wuro fuu on anndina lenyol.
Speak with teachers about the importance of creating theatre groups and other playful activities that provide children with educational opportunities about Ebola.	Woldu e moodivve dow bote hawtuki nyemmbitoove e gozze kuuze nyemmbito ngam ekkitinki himve ko woni Eboolawu.
Speak with your neighbours about how you can organize yourselves and support prevention of Ebola.	Yewtudu e heddiraave maaza dow laabi kawtirton ko'e paddoozon Eboolawu.