

Key Messages for Social Mobilization and Community Engagement in Intense Transmission Area

Ebola Guidance Package

THEMNE

September 2014



<i>Overarching Messages</i>	<i>Átera Tasako</i>
Ebola is real and kills. But you can protect yourself, your family, and your community.	Áñibola áñ yi tæteñ owa áñ dif. Kere əñ gbəli bum áñyethe ámu, áñbɔnshɔ ámu, yi ákəlɛnkəñ əñ yi-e.
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.	Təmə hip – mar kágbiñá kámá Áñibola áñ te gbánthɛ. Fɔfáne aŋgbəká ña ákəlɛnkələñ əñ yi bepi káñ sɔthəne wuni ɔ ba Áñibola ka ákəlɛnkələñ əñ yi-e thalɔm gbát ka áñlɔm áñe-117 kəyankəñ kámá a tɔri mu áte əñ yi tə kə yɔ-e.
Do not touch a sick person with suspected Ebola or someone who has died from Ebola.	Te gbone wuni owe a sɔthəne kə pa ɔ ba Áñibola thalɔm wuni owe po fi yi Áñibola-e.
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.	Áñibola áñ sɔñ ɔtánk ɔshelgbentheñ, áñder áñ gbɔgbəthá ɔthasər, rábomp rəbañ, áñder áñ bansá owa kədi kə bɔthəneye mu. Bepi káñ təlne ɔtánk kədarəñ ka əñ po gbone wuni ba Áñibola thalɔm əñ po kɔ kori rəfi-e, kɔne ka áñsheth ákədamər áñe fátər mu-e.
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.	Káyenk sɔthɔ kədamər ka áñsheth ákədamər kə tə kisis mu kəwur ka Áñibola. Bepi káñ kɔne ka áñsheth ákədamər ka ɔlɛmp wa mánj təlne mətɔrisne ma Áñibola-e, əñ tə bum áñbɔnshɔ ámu yi ákəlɛnkəñ əñ yi owa əñ tə gbiñá kámá rátu rə te gbánthɛ.
Wash your hands frequently with soap and water after every social contact.	Yak máta mámu kátkát yi məsoy yi mántáñ álɔkɔ be əñ po gbone wuni-e.

<i>Supporting Messages</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.	Áñthuthuñ ka Áñibola ɔ tə wɔñ ka áñder ámu kətáñ ro səñ, ro soth yi ka efɔrán, owa bepi káñ ba kəsam ka áñder-e. Yenka ɔwuni mɔ sɔthɔ Áñibola-e, thas bepi kɔ gbone ámant mə wur ka áñder ña ɔwuni ba Áñibola owa yi máta mənɔkɔ, káñ gbone efɔr emu, áñsoth ámu thalɔm kásəñ kámu. Ámant məgbaske mə wur ka áñder ña ɔwuni-e má yi mɔ mārane, enin, mánjánt, mápəntan, ámant mə wur ro di ka ɔwunibom yi áñderáñ.



<p>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.</p>	<p>Ɔwuni ɔwe ʔnɪbɔla mɔŋ dif-e, ɔ tɛ tɛpɛrɔ rɔtu rɛ wuni lɔm lɛmp ɔwa a ye tɛ kɛ gbɔnɛ kɔbɛl kɔŋ. Tela ka ʔŋlɔm ŋa ʔnɪbɔla ʔŋe 117 lɛmp kɔmɔ a kɔ gbasi kɔbɛl kɔŋ thalɔm tela ʔŋgbɔkɔ yi ka ʔkɔlɛnkɔŋ ʔŋ yi.</p>
<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>ʔnɪbɔla ʔŋ tɛpɛr kɛwɔr rɛ wuni kɔkɔ rɛ wuni lɔm ɔwa yi tɔshɛm mɔ ɛkɔkɔm yi tɔyɛkɔŋ. ʔŋfɛm ʔŋ tɛ sɔthɔ rɔtu ʔre kɛtɔŋ ka kɛ gbɔnɛ yi kɔ di ɛshɛm atuy yi ʔŋe po fiyɔnɛ-e. Te di hali ushɛm utuy thalɔm po fiyɔnɛ-e. Mɔyɛŋ rɔtu rɛ ʔnɪbɔla rɛ po gbɔnthɛ kɛtɔŋ ka ʔŋfɛm-e ʔkɛpɛt, rɛ tɛpɛr kɛwɔr rɛ wuni kɛ kɔ rɛ wuni ulɔm.</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>ʔnɪbɔla sɔ a sɔthɔ ŋi bɛpi kɔ ɔwuni ɔ yalɛnɛ ʔbɔlɛd ʔkur ka fon kɔ-e, thalɔm ka tukɔ kɔ ʔshɛni a po tukɔ wuni ulɔm (rɔ wɔskitul thalɔm ɔdɛr ro ma lomɔr mɔdɛr ma ʔŋfɛm-e), thalɔm bɛpi ka gbɔk ʔŋdɛr ʔmu yi ʔthis kɛwɔr ka mɔkur mɛgbaskɛ gbaskɛ ma ʔŋfɛm asu kɛdarɛŋ ka a po yalɛnɛ ŋi ka ɔwuni ba rɔtu-e. ʔŋ bayɛ kɛ sɔthɔ ʔnɪbɔla rɛ kɛ kori ʔŋfɛm, kɔ kɔth ro tɛrit thalɔm kɔ kɔnɛ ways ro makit.</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>Bɛpi munɔŋ thalɔm wuni ʔŋ tɔrɔ kɔ sɔthɔ ʔfiba ʔsɛlgbɛnthɛŋ, ʔŋdɛr ŋɔŋ ʔŋ gbɔgbɛthɔ ɔthasɛr, rɔbɔmp rɛ bansɔ, mɔdɛr mɛ bansɔ ɔwa ɔ fɛlayɛ tɛ kɛ di-e, tɔri ti ʔŋkɛrbɔmp anu ka ʔkɔlɛnkɔlɛŋ ʔŋ yi-e ɔwa gbɔt ka ʔŋlɔm ŋa ʔnɪbɔla ʔŋe – 117 kɔmɔ a tɔri mu ʔte ʔŋ yi tɛ kɛ yɔ-e.</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</p>	<p>Bɛpi kɔ ɔwuni ʔŋ tɔrɔ kɔ fi yi mɔtɔrɛnɛ ma ʔnɪbɔla-e tɛ gbɔnɛ ʔŋdɛr ŋɔŋ. Tela lɛmp ŋa lɛmpɔŋ ka ʔŋlɔm ŋa ʔnɪbɔla ʔŋ tɔrɔ-e ɔwa yifɔnɛ ʔŋkɛrbɔmp ŋa ʔkɔlɛnkɔlɛŋ kɔnu. Yikis ɔwe po fi-e kɛ tɛ gbɔŋ kɔ, kɛ tɛ mumɛl kɔ, kɛ tɛ bukɔ kɔ thalɔm ʔŋ dapɛr ʔŋdɛr ŋɔŋ. A gbɛli thɔlɔnɛ ɔwuni po fi-e kɛtɔŋɔnɛ mɔkur ma ʔŋdina ŋɔŋ, kɛrɛ ʔŋ tɛmɔ ɔbɔlɔnɛ poŋ, kɛ tɛ gbɔnɛ kɔ. Ɔwuni kati ʔtɔthɔ yi ɛyɛt a yalɛnɛ kɔ bɛ a yi tɛ kɛ thɔy yi. ʔŋshɛth ɔ yi-o, ʔŋyad mɔ bɔ kɛ kɔ wur rɔkɔŋ-o ɔwa yi ʔŋkɔnkɔ mɔ la dirɔ-e a yi tɛ kɛ kɔ gbɛrɔns ŋi yi ʔŋfɛm a po</p>



toll free Ebola Hotline.	thəkəsà ta kà yɔ məpanth mati-e. Gbát ànjlɔm nja Ànjibola kəyankaŋ.
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.	Ànjfeth ànjfəm njaŋ po fi thalɔm a po bɔláne kəwɔr ka ànjfəm njaŋ salata məsibo ma Ànjibola-e, aŋ yi anɔshinɛ ɔthasər ɔwa a yi tɛ kə kəláne nja ɔwa a kal maráne nja. Bepi ɔwath kà ànjfəm njaŋ po fi-e thalɔm ka bɔláne kə kəwɔr ka ànjfəm njaŋ-e tɔri ti àninki àpəlne mə bum ànjfeth-e lɛmp nja lɛmpàŋ kámá a gbəli kal lánkəli ɔwath ɔwe ka ànjfəm njaŋ thalɔm afəm aŋe yi akolo gbəli kəláne kɔ-e mə ànjfátáne njaŋ thalɔm aŋe aŋ yi ka tákɔm-e.
The body of a person with Ebola should only be handled by people who are trained in safe burial practices.	Kábel ka ɔwe Ànjibola àŋ po dif-e wuni lɔm ɔ ye tɛ kə gbɔnɛ kɔ thas aŋe a po thəkəsà ta kábɛnɛ aŋe po fi-e.

<i>Treatment: Information for those seeking treatment for a person with symptoms of Ebola</i>	<i>Kádamər: Átera ta aŋe mə kəláne kádamər ta ɔwuni po ba mátɔrine ma Ànjibola-e.</i>
Free treatment for Ebola is available at health facilities.	Kádamər kəyankaŋ ta Ànjibola aŋ tɛ sɔthɔ ki ka ɛsheth ɛkadamər.
It is always best to seek treatment at your nearest health facility. Early treatment increases your chance of survival compared to staying at home.	Ɔfinɔ ti kámá aŋ kɔ ka àŋsheth àkadamər aŋe fátər mu-e. Káyenk sɔthɔ kadamər kə tɛ fisɔs mu pə thasi ká yirá ro sheth.
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.	Ka àŋsheth àkadamər aŋbolomba aŋ tɛ sɔŋ mu kadamər mə: ká gbəŋki ànjfiba, ká təmsər àŋdər yi ká sɔŋ mu dardi rəfinɔŋ, ká yɔ àŋdər àŋ tey kábansá yi ká yɔ rátu rə te tepər afəm alɔm.
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.	Ká kɔnɛ ka àŋsheth àkadamər ka àŋlɔkɔ mán sɔthəne mətəlne yi mátɔrisne ma rátu-e kə tɛ bum àŋbɔnshɔ ámu yi àkələnkaləŋ aŋ yi-e ɔwa kə tɛ yɔ kámá rátu rə te bər gbánthɛ.
Do not care for a sick person at home. Entire families get sick and die from treating one person at home.	Te bɛnɛ wuni tuy ro sheth kámu. Àŋbɔnshɔ ámu bɛ aŋ tɛ tu ɔwa aŋ tɛ fi bepi kán bɛnɛ wuni tuy kin ro sheth kámu-e.



<p>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.</p>	<p>Bepi munɔŋ thalɔm wuni ka aŋbɔnshɔ ʔmu thalɔm ka ʔkʔlʔnkʔlʔŋ ʔŋ yi kɔ tu-e, tɔri lʔmp ɲa lʔmpʔŋ aŋkʔrbomp ɲa ʔkʔlʔnkʔlʔŋ kʔmu ɔwa gbʔt ka ʔŋlɔm ɲa ʔŋibola kʔyankaŋ kʔmʔ a tɔri mu ʔte ʔŋ yi tʔ kʔ ɣɔ-e ka ʔŋ-117.</p>
<p>Ebola treatment centres have been established in major hospitals and field centres to provide the safest possible care to persons with symptoms of Ebola.</p>	<p>ʔsheth ʔkʔdamʔr ya ʔŋibola a po kanthi yi ka ʔsheth ʔbana ya kʔdamʔr yi sɔ ʔgbʔp ʔlɔmʔŋ kʔmʔ a gbʔli kʔlʔnʔ ka ɔfinɔ wati aŋfʔm po ba mʔtɔrisnʔ ma ʔŋibola-e.</p>
<p>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.</p>	<p>Ka ʔsheth ʔkʔdamʔr ʔye po la thalɔm a te tha kanthi-e, a tʔ marʔnʔ aŋfʔm thalɔm a tʔ kerʔ ɲa dʔr ɔlɔm reke ma damʔr ʔŋibola-e kʔmʔ a gbʔli mar rʔtu rʔ te gbʔnthʔ. Aŋe ka ʔsheth ʔkʔdamʔr ya ʔŋibola aŋ tʔ gbʔli mar aŋfʔm ɲa ʔtʔlʔŋtʔlʔŋ tʔgbaskʔ gbaskʔ kʔ kʔlʔnʔ yi kʔ ɣɔ kʔmʔ a tʔrʔ aŋfʔm po sɔthɔ rʔtu-e.</p>
<p>It is important that you follow guidance from your local community leader, health facility or the toll free Ebola Hotline on what is the best care available to you.</p>	<p>Pʔ yi ti ɔfinɔ tʔ kʔ tʔŋʔnʔ ʔmʔŋ ya ɔgbʔkʔ kʔ ʔkʔlʔnkʔlʔŋ ʔŋ yi-e, ʔmʔŋ ya aŋbolomba thalɔm ʔŋ gbʔt ʔŋlɔm ɲa ʔŋibola salata kʔ tɔri mu kʔra ʔke mʔ marʔnʔ mu-e.</p>
<p>Wash your hands frequently with soap and water after every social contact.</p>	<p>Yak mʔta mʔmu kʔtkʔt yi mʔsoy ɔwa yi mʔntʔŋ ʔlɔkɔ bʔ ʔŋ po gbɔnʔ wuni-e.</p>
<p>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.</p>	<p>Bepi pʔ yi ti ɔfɔy tʔy tʔ ʔk kɔ rʔ sheth ʔkʔdamʔr thalɔm ukin ka ʔŋbɔnshɔ ʔmu kɔ fumpɔ rʔtu ʔre ba mʔkorʔnʔ yi ʔŋibola-e, ɔkin kati yiya kɔ nu dʔr ɔthɔkɔŋ. Thensʔ kɔ nu karo kɔŋ kʔthɔkɔŋ, ʔpɔthi ʔthɔkɔŋ, kʔbep yi ʔtawʔl ʔthɔkɔŋ. Yak ʔyʔt ʔye yi mʔnt ɔwa yi rʔka-o rʔka ʔre mʔ gbʔli dif ʔthunthu-o thuthuŋ ɔwe yi ka ʔyʔt ʔye papiya kʔwur ka ʔyʔt ʔlɔm bʔ ro sheth.</p>
<p>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.</p>	<p>Yɔ nu kʔmʔ wuni kin gbo ɔ kʔlʔnʔ ɔwe po tu-e. Wuni-o wuni ka ʔŋbɔnshɔ ʔmu thalɔm ka ʔkʔlʔnkʔlʔŋ kʔmu ɔwe po sɔthɔ kʔyenkʔmʔdʔr kʔwur ka ʔŋibola-e ɔ bayʔ sɔ kʔ sɔthɔ rʔtu ʔre thʔnkʔŋ ɔwa ɔ tʔ gbʔli mar aŋe ba rʔtu-e kɔŋŋ kʔ te sɔ sɔthɔ ri.</p>
<p>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</p>	<p>Bepi kʔŋ yema marʔnʔ wuni tu-e, ʔŋ yi tʔ kʔ wɔŋ yʔt ʔye mʔ bum mu-e. Ramptha mʔta mʔmu, yi ʔlopʔrʔ yʔtʔŋ. Wɔŋ kʔrenkot ʔŋ lʔfthi kʔsʔŋ kati ro darʔŋ ʔŋ gbʔpʔr rodi. Te</p>



their bodily fluids without protective equipment.	gbone ɔboma ka ʔŋibola thalɔm ʔmʔnt mə wur ka ʔŋdɛr ŋɔŋ kə te wɔŋ ɛyɛt mə bum mu-e.
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.	ɔboma a yi tə kə sɔŋ kɔ ɛmunəs ɛgbʔthi, mə ʔmʔnt, ʔŋgbʔthɔ, ʔkɔfi yi ɛmunəs-o munəs ɛlɔm nə gbəli sɔthɔnɛ kɔ-e. Te nu sɔŋ məber ka ʔŋfəm atuy thalɔm ʔŋɛ ba mətɔrinɛ ma rʔtu rʔ ʔŋibola-e.
Wash your hands frequently with soap and water after every contact.	Yak məta məmu kʔtkʔt ʔlɔkɔ bɛ ʔŋ gbone wuni-e.

<i>Information for those who have recovered from Ebola</i>	<i>ʔtera ta ʔŋɛ pɔ yenk kəwur ka rʔtu rʔ ʔŋibola-e</i>
If you have recovered from Ebola you cannot catch it again during this outbreak.	Bepi kʔŋ pɔ yenk kəwur ka ʔŋibola-e ʔŋ bayɛ sɔ kə sɔthɔ rʔtu ʔre ka ʔŋlɔkɔ ʔŋɛ.
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.	ʔŋ gbəli marʔnɛ ʔkəlɔnkəlɔŋ ʔŋ yi yi ʔŋfəm mə tu ʔŋibola-e. Tʔŋʔnɛ ɛmʔŋ ya kʔyɛnkɔmɔdɛr kʔmʔ ʔŋ te thasʔ rʔtu ʔre rʔ bɔnshɔ ʔlɔm thalɔm afəm yi rə kəlɔnkəlɔŋ kəlɔm-e.
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.	ʔŋ bayɛ sɔ kə gbəli tɛpɛrʔ afəm ʔlɔm rʔtu ʔre. Kɛrɛ to pə yi bɛ, runi ŋʔŋ ʔŋɛ pɔ yenk kəwur ka ʔŋibola-e, ʔŋ yi tə kə yalanɛ ʔŋkɔndɔm bepɔ kɔ yema bati yi wunibom-e kʔtɔŋ ka yɔf ɛsas kʔbi mə pɔ yenk-e - ʔŋthunthunŋ ka ʔŋibola ɔ tiyʔ ka məpɛntʔŋ rɔ kor ka ʔŋlɔkɔ ʔŋɛ.

<i>Contacts: Information for those who have had close contact with a person with Ebola</i>	ʔson: ʔtera ta ʔŋɛ la yi gbɛpti yi ɔwɛ ba ʔŋibola-e
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.	Bepi kʔŋ pɔ gbɔŋ thalɔm ʔŋ la yi gbɛpti yi ɛwɛ la ba ʔŋibola-e thalɔm ʔŋ la pɔ kɔ kori rəfi rʔ ʔibola-e pə tə yi ti ɔfɔy tə kə sɔthɔ rʔtu ʔre.
Contacts of people with suspected Ebola are	Kʔ sɔthɔ rʔtu rʔ ʔŋibola kəwur rə wuni ulɔm kə



those who have:	gbəli yi:
Slept in the same household with a person suspected of having Ebola	Ká dirá rá sheth njin yi ɔwuni ɔwe ba mǎtɔrisne ma ʔnɪbɔla-e
Touched a person with suspected Ebola (alive or dead)	Ká gbone ɔwuni a sɔthəne kə pa ɔ ba ʔnɪbɔla-e (pə yi ukəli-o thalɔm ɔ po fi-o)
Had sexual contact with a person with suspected Ebola	Ká gbasə mǎrey yi ɔwuni a sɔthəne kə pa ɔ ba ʔnɪbɔla-e
Touched the blood or bodily fluids of a person with suspected Ebola (alive or dead)	Ká gbone mǎtir thalɔm ʔmǎnt mǎ wur ka ʔnder ɲa ɔwuni a po sɔthəne kə pa ɔ ba ʔnɪbɔla-e (pə yi ukəli-o thalɔm ɔ po fi-o)
Touched the personal belongings of a person with suspected Ebola, including their clothes, towels and bed linen	Ká gbone eyet ya ɔwuni a po sɔthəne kə pa ɔ ba ʔnɪbɔla-e, kə tǎp thɔŋ eyet yɔŋ ewɔŋ, etawel yɔŋ yi ʔtotha tɔŋ tǎrenǎŋ.
Breastfed by a woman with Ebola	ɔwunibom ba ʔnɪbɔla-e kǎ mǎsǎr ɔwath
Breastfed or wet-nursed a baby with Ebola	Kǎlenth ba ʔnɪbɔla-e kǎ mǎsǎ ʔmǎsǎ ma ɔya kɔŋ
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.	Bepi ʔŋ tǎmtǎmne kə pa ʔŋ po gbone wuni ɔwe a sɔthəne kə pa ɔ ba ʔnɪbɔla-e ʔŋ yi tǎ kə kǎlǎne ʔnyethe ʔmu finɔ yi ʔnɔbɔnshɔ ʔmu ɔwa ʔŋ yi tǎ kə yirǎ ro sheth kǎmu.
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.	ʔŋe mǎ worək ka esheth ʔkǎdamǎr-e ʔŋ tǎ yif mu kǎmǎ ʔŋ tɔri ɲa to mǎŋ tǎlne-e thalɔm ʔŋ tǎ dǎkǎr mu ʔrey-o rey haŋ tǎ mǎrey kǎgba ɲin mǎ thas kə te nǎnk mǎtɔrine ma ʔnɪbɔla ka ʔnder ʔmu.
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 of call the toll free Ebola Hotline on XXXX.	Bepi ʔŋ tǎmtǎmne kə pa ʔŋ po sɔthɔ ʔnɪbɔla-e gbǎnkǎt kǎ kɔthǎr ʔŋfǎm ʔlɔm ka ʔnɔbɔnshɔ ʔmu. Mǎtɔrine ma ʔnɪbɔla mǎ tǎ tɔrisne kǎtɔŋ ka mǎrey mǎrǎŋ haŋ kə kɔ mǎrey kǎgba ɲin kǎdarǎŋ ka ɔwuni mɔ po sɔthɔ rǎtu-e. Bepi kǎŋ tǎlne ʔfiba ʔshelgbentheŋ kɔ lɔm ti ka ʔŋsheth ʔkǎdamǎr thalɔm ʔŋ tela ʔŋlɔm ɲa ʔnɪbɔla kǎyankǎŋ ka ʔŋ-117.
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.	ʔŋ gbǎliye teprǎ ʔnɪbɔla ka wuni lɔm thas bepi ʔfiba ʔshelgbentheŋ kǎŋ wop mu yi rǎbomp rǎbaŋ rǎ tǎp mu-e. ɔwuni ɔwe te ba mǎtɔrisne ma ʔnɪbɔla-e ɔ gbǎliye teperǎ wuni lɔm rǎtu ʔre.
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	Bepi munɔŋ thalɔm wuni ka ʔnɔbɔnshɔ ʔmu kɔ sɔthɔ ʔfiba ʔshelgbentheŋ, tɔri ti ɔkǎrbomp ka ʔkǎlǎnkǎlǎŋ kǎmu lǎmp ɲa lǎmpǎŋ ɔwa gbǎt ka ʔŋlɔm ɲa ʔnɪbɔla ka 117 kǎmǎ a tɔri mu ʔte ʔŋ yi tǎ kə yɔ-e. Kɔne ka ʔŋshethe ʔkǎdamǎr fǎtǎr



health facility for treatment.	mu-e kāmà a damər mu.
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.	Kàlā àmerà kə pa - Àñjibola àñ tə tepər kəwur ka kàlenth kə kə ka ɔkàrà kəñ (thalm kà dis kə) bepi ukin kañ kə ɔthə ràtu-e. Kere to pə yi be tálenth a yi tə kə mäsər ña hañ añ bekà yof támthərukin ɔwa yi ɛdi a yi tə kə ɔñ ña-e hañ ɔwath ɔ gbenthis taren tərəñ.
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.	Əñ tə tey gbo kà mäsər kàlenth bepi wuni mə worək ka ɛsheth ekadamər kə pa ta tey kà mäsər ɔwath-e ɔwa bepi kà pə beñàne kə pa ɔkàrà thalm ɔwath a nänkà kə mätərisne ma Àñjibola-e.

<i>Safe Burial Practices: Information for those handling a person with Ebola who has died</i>	Kàbene tàbel kəyankañ: Àtera ta añe mə gbone tàbel ta Àñjibola-e
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.	Bepi ukin ka àñbɔnshə àmu kə fi kəwur ka mätərine ma Àñjibola-e, tela ləmp ña ləmpañ ka àñlɔm ña Àñjibola ka 117 kāmà a gbəli re gbərans àñsheth ɔwa a wurɔ kàbel kəñ.
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.	Ɔñ yiki ka ɔwe po fi-e kere te gbone kə, te muməl kə, te bukə kàbel kəñ ɔwa te gbone kə kə dapər àñdər ñəñ yenka ma bene kə-e. A gbəli tholàne kàbel kəñ kətàñàne mākur ma àñdina ñəñ kere ɔwuni ɔ yi tə kə tàmà ɔbɔli pəñ, kə te gbone kə. Àñjibola àñ tə tepər ləmp hali mə ɔwuni mə po fi-e.
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.	Kàbel ka Àñjibola añe a thəkəsà ɛpa yati gbət ña yi tə kə bət kə rə kə yalane elopərə mə bum ña-e. Tàbel tañ a yi tə ək bene ña yi añe mə yɔ mápantə mati-e kəyankañ.
Under no circumstances should a body be touched or moved after burial.	A ye tə kə gbone kàbel thalm wuni ɔ kə bes kàbel a po bene-e rə roñ-o roñ.
Wash your hands frequently with soap and water after every social contact.	Yak mاتا mامو kàtkát yi məsoy ɔwa yi mانتان əlɔkə be əñ gbone wuni-e.



<i>What can you do to Stop Ebola in your community?</i>	<i>Ko əj yi tə kə ɣə kámá əj gbiɣà Áŋibola ka ákələnkələj kámu-a?</i>
Begin by educating and protecting yourself, your family and your community.	Təp ká thəkəsá ɔwa əj bum ányɛthɛ ámu, áŋbɔnshɔ ámu yi ákələnkələj kámɔŋ.
Contact your local political or community leader to devise ways to inform and engage your community. Also contact NGOs & INGOs and volunteer with them.	Bəp aŋgbəká amu thalɔm ɔgbəká ka ákələnkələj kámu kámá əj tɔri mu áte əj yi tə kə ɣə ka ákələnkələj kámu-e. Bəp Aŋ-NGOs yi Aŋ-INGOs ɔwa kámá əj lánkəlɪnɛ kə worəj yi ŋaŋəŋ.
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.	Fɔfáne aŋgbəká aŋfəm aŋ tārà-e mɔ Aŋbáy yi Aŋkərbomp ŋa ebomp, Aŋjimam, Aŋfode yi Aŋpashɔŋ, eninki ya bomŋaŋ yi aŋfeth amɔthderəŋ, aŋbolomba yi aŋtəmə kəri ŋa etɔl eməsəm salata ta áŋgbethɛ ŋaŋ ta káthəkəsá aŋfəm to ma bumne Áŋibola-e.
Volunteer with Community Health Workers going door-to-door educating the population.	Lánkəlɪnɛ ta ká worək yi aŋfəm ŋa káyenkədəɛr nə kɔnɛ rá sheth-o sheth nə kɔ ka thəkəsá aŋfəməŋ.
Speak with teachers about the importance of creating theatre groups and other playful activities that provide children with educational opportunities about Ebola.	Fɔfáne aŋkarmɔkɔ salata áŋkolo ŋa ká ɣə eninki ya ɛwol ɛgbaske gbaske mə sɔŋ áfere kámá aŋfeth aŋ gbəli sɔthəne ta rátu ra Áŋibola.
Speak with your neighbours about how you can organize yourselves and support prevention of Ebola.	Fɔfáne aŋfátáne amu to mánj gbəli kárà ŋa dɛr ɔkin kámá aŋ marne ká bum rátu ra Áŋibola.

