

Baa ma Wowilisia Nasia va ta Nungeisia Lema ke Kuwuhu Yengebleisia Miando Hegbeisia ti Gbayango na.

Mende Ebola Guidance Package

September 2014



| <i>Overarching Messages</i> | Ngowili Vulii |
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| Ebola is real and kills. But you can protect yourself, your family, and your community. | Ibola lo na tao a numu waa lo .Kee ba biayekpe mahugbeelo, bi mbondeisia, ke bi guwui. |
| 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. | Ye kpaokpao-kpoma wie ko Ibolei I gbe vayafayala. Yee numui na gama I loni bi guwui gulo ina I lii heinga numu gbi ma Ibola hegbe ngi ma wu guwui hu o toil wie Ibola ndandoi hu ndahin va 117. |
| Do not touch a sick person with suspected Ebola or someone who has died from Ebola. | Ba jaa a hegbemo na wu gilinga la ke Ibolei lo ngi ma o numui na Ibola hegbei I ngi waanga. |
| 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. | Ibolei a walo a kaka gole wumei, kahugboyo hulewengo, nguu gbalei, kahu gbakpa tawao a mehe ndiigbualo bi ma. Ina kaka gole wulo bi ma ji ba jaa a numui na Ibolei I ngi ma o ji ba li haa gbawumei, li halei welei na bu I bi gbuanga. |
| 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. | Ibolei halei le kaka haalei welei bu a pielo bi bawolei ma I gutu. Lila haale welei bu ji ba tomaselisia lo ba bi mbondeisia mabawolo ke bi guwui tao bi pie hegbei I gbe a vafaya la hu. |
| Wash your hands frequently with soap and water after every social contact. | Bi lokoisia wua kpelema gbi a bawei ke njei ji b a jaa a numu gbi. |

| <i>Supporting Messages</i> | Mbu hou Wowilisia |
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| 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. | Ibolei a wualo bi luwui hu a bi lei huwe, bi hokpe ke bi yameisia, o bi luwui ye nnamei. Koo bi lolo majoo, ba jaa lo a njei nasia ta gbua numu luwui hu Ibolei I ngi ma, na woma a toko nchongonga ke bi jaanga a bi yameisia, bi hokpei o bi lei. Njei nasia ta gbua numu luwui hu ta mia a, fondei, kpoisia, mbalii, ngolii, njei na gbua a hindoi hu, njei na gbua nyahei ma ke nnamei. |
| 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. | Numui na Ibolei I ngi waanga I ngi hegbengo a yela vulii tao numu gbi a jaa a ngie. Ibola landoi loli ko ti hugbate wie ye pomei wumbu va o nde wu guwui lokbima |

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| <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>Ibolei a vayalɔ numuvuisia ma a huan lengaa huwe kia nyiko ndevengeisia taa kuangeisia tin a. Nuungeisia ta ye hegbei ji majɔɔ lo a jaa la a tie ɔɔ ji ta huan hegbengɔ ɔɔ haangɔ mɛ. Baa huan gbi mɛ na ba male hegbengɔ ɔ haangɔ. Kia naa Ibolei i wilinga nungeisia lia ta vafayama hu a numuvuisia huwe.</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>Ba Ibolei majɔɔ lo a kpeka wovei miando ta ngui wole na, ɔɔ ji ta ye bi ɔɔɔ ma a mijii na ti yengenga la govama (haleweleibu ɔ numu luwu ma nyɛimeɪ), ɔɔ ina ti bi ŋɔnailɔ komeɪ nasia hu ta pie a bowei na ti yengenga la numu weka ma na ngi hegbengɔ. Bɛɛ Ibolei majɔɔ a yɛpela numu gama, njiaa va pelei ma, ɔɔ felego la jɔɔwahu.</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>Ina bia ɔɔ numui na bi ngi gɔɔngɔ kaka gɔɔɛ I wililɔ ngi ma, kahugbɔɔɔwaa I ngi hou, I wua gbala, ngi gahuisia ta gbakpa, kɛ mɛhɛ ndiigbua ngi ma, nde bi guwu loɔloɔ ma. Kɛ bi toil wie gama Ibola landoi hu 177 ndahin va.</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>Ina numui na bi ngi gɔɔngɔ haailɔ a Ibola lo maselinga ba jaaa a ye pomei. Toli wie gama Ibola landoi hu tao bi nde wu guwu loɔloɔ ma. Bi baagɔmeisia ve nahi bɛ jaa la, bɛ ngi la gɔmei, bɛ ngi wua ɔ bɛ ye pomei na mbembe kula hu. Ta hɛ wielɔ ye pomei ma kɔ ti Ngewo velia yakpua ngi va, kɛɛ nduahu a ye lo ti ma na hi tɛ jaa la. Haamɔi gula nohɔinsia ngi gbuko yaguleisia hegbei lo ti hu tao mahoungɔ ti mɔ. Pelei, kpobomei kɛ numui na yiimeɪ nasia ti ngaangɔ ta hale valifalilɔ na. Toli wie Ibola landoi hu 177.</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>Pondo lengeisia ɔɔ nasia ti gbuangɔ nasia ma ti ti mahugbeema a Ibolei huwe ti maluwangɔ yela tao ta gbeelɔ mahugbee kɛ kpɔma va. Ina ndoi I wotenga a pondolo ɔɔ ngi luahu gɔlɛnga nde kaka nungei nasia ma ta ndengeisia mahugbee ɔɔ ti hugbatɛ wie pie va ti hu i kpɔ a ti mbondeisia ɔɔ nungei nasia wu langɔ a tiwu guwui hu nasia ndopoi I ti gɔɔngɔ, kia nyiko ti heinyuɔisia ɔɔ ti mbonde wekeisia tin a.</p> |

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| The body of a person with Ebola should only be handled by people who are trained in safe burial practices. | Numui na I haanga a lbola ngi womei nasia lekee ti gaango ye hei nasia gbawu va tia mia ta jaa la. |
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| <i>Treatment: Information for those seeking treatment for a person with symptoms of Ebola</i> | Hale hindeisia: Veisia nasia va ti halenga gɔkɔli ma numu na va lbola lɔmaselisia ti ngi ma |
| Free treatment for Ebola is available at health facilities. | Ta numu gbi lekee haale lɔ gbaama na lbɔlei I ngi ma haleweleisia bu |
| It is always best to seek treatment at your nearest health facility. Early treatment increases your chance of survival compared to staying at home. | Nyandengɔe kpelama gbi leke bi bi hale ma gɔkɔli halewelei na bu i bi gblanga. Bi hubunga a hale majɔɔ a bi bawolei matolei I lewe ji ma ba ye heini pelei la. |
| 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. | Haale welei bu haale yengeibleisia ta haale velɔ: na a kɔlei yayei, ta njei matolo bi hu ke mehe yekpe, kpalei ya I yei tao ta gbekpa hegbei gulɔ. |
| 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. | Liva halewelei bu a watii na ba tɔmaseli jisii lɔnga ba bi mbondeisia ke bi guwui ke I pie hegbei eɛ vayafaya hu. |
| Do not care for a sick person at home. Entire families get sick and die from treating one person at home. | Ba hegbemɔ mahugbee pelei bu. Mbondeisia gbi ta hegbelɔ ke ti haa numu yakpe mahugbee va pelei bu. |
| 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. | Ina bia ɔɔ numu yila bi mbondei hu ɔɔ bi guwui hu I hegbenga, nde kaka bi guwu hu gulɔ lomei ma ke bi lbola landoi loli ndahin va 177. |
| Ebola treatment centres have been established in major hospitals and field centres to provide the safest possible care to persons with symptoms of Ebola. | Ibola halemeisia gbatengɔi haalewele wawaisia bu ke mia ta hegbɛbleisia magba na kɔ ti kpɔma yekpe ve nungei nasia we lbola lɔmaselisia ta ye ti ma. |
| 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. | Hindei nasia mia hale vemeisia na vendango kpaɲ ɔɔ ti ya na gbateni, lbola mahugbee, ɔ hindei nasia ta ti yoyo na ta na gbatelɔ kɔ ti kpɔma wie kɔ hegbei a vayafaya hu. Ibolā mahugbee ɔ hindei nasia ta ti yoyo na ta gbɔma kpɔma wie lɔ kuwuisia ma, nungeisia ti hegbei na majɔɔnga ti gɔkɔli va ke ti yabeli va. |
| It is important that you follow guidance from | Mahouingɔe wu to ndahin nasia ma a gbua |

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| your local community leader, health facility or the toll free Ebola Hotline on what is the best care available to you. | wu guwu loklbi ma, hale yengemei ɔ lbola landoi gama koloni mahugbee yekpei kpei na ma a ye wu va. |
| Wash your hands frequently with soap and water after every social contact. | Bi yeya wua kpema gbi leke a mbawei ke njei ji ba jaa a numu. |
| 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. | Ina be gu ba li hinda gbi ɔɔ nde va bi haale welei ma ke bia ɔɔ bi mbondahu mamɔ l hegbenga a lbola hegbɛ, ti go kaka a ti nda yemei, ti go a ti nda galoi, nja gbɔle hakei, mitei, ke ngi mayila gulei. Hakei jisias wua a njei ke hale yei kpuango gba hakei nasia ma ti pelei bu. |
| 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. | Numu ya nge hegbemɔi mahugbee va. Mbondahumɔ ɔ kuwu hubleisia ti mbawonga lbola hegbei hu te ta majɔɔ gbɔma a watii ji hegbei ji l latonga tao ta kpɔma wielɔ nasia ma ti hegbenga. |
| 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. | Ina bi kpɔma velɔ, ba gbeelɔ bi mahugbee hakanga va. Tokowuahɔ hakanga yayenge, ɔɔ hakawu plaastikisia ngua va loko hu. Nja hu hɔin loma yayenge na ba pu a woma wie peɛ va bi lomei mahu a gulɔ wie. Baa jaa a numui na lbolei l ngi ma ɔɔ njei nasia ta gbua ti luwuisia hu ina mahugbee hakanga ti bi ma |
| 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. | Kpɔlehani gboto ve hegbemɔi wie, kia nyiko njei na, supui, tii, ke kpɔle hani ye nasia ma ti majɔɔ mu guwuisia hu. Baa ndɔ gbayango ve hegbemɔi we ɔɔ numui na wa gili la ke lbola hegbei lɔ ngi ma. |
| Wash your hands frequently with soap and water after every contact. | Bi yeya wua kpele ma gbi leke a mbawei ke njei ji ba jaa a numu. |

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| <i>Information for those who have recovered from Ebola</i> | Vei nasia va ti mbawonga lbola hegbe yeya |
| If you have recovered from Ebola you cannot catch it again during this outbreak. | Ina bi mbawonga lbola hegbe hu be ya gbɔma majɔɔ watii ji hu hegbe ji l wanga. |
| You can help the community by taking care of other sick people with Ebola. Follow hygiene rules so you do not carry the fluids | Ba gbɔlɔ kuwui ma a hegbɛleɪ nasia mahugbee la lbolei ti ma. Too sewesewe jaweisia woma kɔ ba li a njei nasia ti gbua hegbemɔ ma mbonda |

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| of a sick person to other family or community members. | weka gama ɔɔ kuwuhubleisia. |
| 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. | Bɛɛ ya pie numu wekanga ta hegbe, na hu gbi, hingei nasia ta mbawo lɔɔla hegbei hu mahoungɔ ti kɔndɔmei yayenge kpelemei na ta gbele nyaha ma ngawu sawa va l hiye watii na ma ta mbawo- lɔɔlei lɔ njei nahu ta gbua ti ma l to watii na ma. |

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| <i>Contacts: Information for those who have had close contact with a person with Ebola</i> | Vei nasia va ti ye jaanga a numui na lɔɔla l ngi ma |
| 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. | Ina bi jaanga ɔɔ bi gbelenga numu yila ma na lɔɔlei l ngi ma ɔɔ bi ya numu gbɔwu ma na lɔɔlei l ngi waanga, kɛnga bi hegbei ji majɔɔnga |
| Contacts of people with suspected Ebola are those who have: | Gbele va nungei nasia ma ta gili a tie ke lɔɔlei lɔ ti ma tia mia a jisia ta: |
| Slept in the same household with a person suspected of having Ebola | Yii pele yila bu ta numui na ti gilingo la ke lɔɔlei lɔ ngi ma |
| Touched a person with suspected Ebola (alive or dead) | Njaa a numui na ti gilingo la ke lɔɔlei lɔ ngi ma (ngi vuluungɔ ɔɔ ngi haangɔ) |
| Had sexual contact with a person with suspected Ebola | Gbele numui na ma ti gilinga la ke lɔɔlei lɔ ngi ma |
| Touched the blood or bodily fluids of a person with suspected Ebola (alive or dead) | Njaanga a njama ɔɔ njei nasia ta gbua numu hu ti gilingo la kɔ lɔɔlei lɔ ngi ma (ngi vuluungɔ ɔ ngi haangɔ) |
| Touched the personal belongings of a person with suspected Ebola, including their clothes, towels and bed linen | Njaanga a numui na yeya hakeisia ti gilingo la ke lɔɔlei lɔ ngi ma kpelengɔ ti guleisia ma, ti mayila guleisia ke ti gbukɔya guleisia |
| Breastfed by a woman with Ebola | Nyinyiei na nyahei na lɔɔlei l ngi ma a fe ndoi wɛ |
| Breastfed or wet-nursed a baby with Ebola | Nyinyiei ɔ numui na lɔɔlei l ngi ma a ndoi mahugbee |
| 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. | Ina bi gilingo la ke bi gbelenga numui na ma ti gilingo la kɔ lɔɔlei lɔ ngi ma ba biayekpe yabɛelɔ vulii ke bi mbondeisia ti gahu tao bi hei bi ye pele la |
| 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. | Haale yengebleisia ta bi molilɔ a bi gahui yeyii ɔ ti foo bi ma folo gbi jii nuu gbɔyɔngɔ mahu yila va haa ti lala ke bi tɔmaseli gbi geni lɔɔla hegbe va. |
| If you think you may have been exposed to Ebola minimize close contact with other family | Ina bi gililɔ la ke bi lɔɔlei majɔɔnga bi gbelelelɔ mbonda wekesia ma mahuyei . Tɔmaselisia |

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| 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. | Ibolei va ta gela folo fele l to foloi nuu gbayngɔ mahu yila ma jib a hegbei majɔɔ. Ina kaka gɔle wuilɔ bi ma koona hale welei ma ɔ lbɔla landoi loli 177 |
| 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. | Bɛɛ ngu a lbola hegbei vayafaya la hu haa tɔmaselisia kia nyikɔ kaka gɔlei na kɛ ngu kpalei ti nge. Numui na Luwuma lɔmaselisia ti ngi ma ɛɛ ngu a hegbei lewela nunga wekanga ma. |
| 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. | Ina bia ɔɔ bi mbondamɔi yila l hegbelo a kaka gɔle wuma, nde kaka wu guwuhuloklɔi ma kɛ bi lbola landoi loli 177 ndahin va. Li hale welei na gama wu gblanga bi haale va. |
| 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. | Kɔnɛlei nda nɛmahu- lbɔla a lewelo ndola ta ngi nje luahu (ɔɔ ngi mahugbeemɔi) ina ye ngila hegbɛngɔɔ. Na hu gbi, ndolanga ta loo haa nyinii lɔ gbɔle ma gawu wɔita va kɛ mɛhe wekanga foo fele va ɔɔ l lewe ma. |
| 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. | Ba gbeelo nyinii vela ma ina haleyengemɔi na ngi gaangɔ ndenga ye ma l houni liva gulɔ ma nyii vele ɔɔ ina njei ɔɔ ndoi l lbɔla lɔmaselisia gɛnga. |

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| <i>Safe Burial Practices: Information for those handling a person with Ebola who has died</i> | Haa gbɔwu welei nasia ti mabawongɔ: Veisia nuu ngei nasia va ta njaa a numui na Ibolei l ngi waanga |
| 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. | Ina numu gbi bi mbondei hu l haanga kɛ wu gilingɔ la kɛ Ibolei lɔ ngi ma, lbɔl landoi loli kaka kɔ ti wa ti haale vali pelei bu kɛ ti li a ye pomei |
| 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. | Bi baagɔmeisia ve kɛ ba njaa la, ba ngi lagɔmei, ba ngi wua ɔɔ ba ngi kasange pɛin ta ya ngi gbɔwu ɔɔ ba ngi mɔ. Ta hɛ lɔ pomei ma kɔ ti veli jaweisia yakpua, kɛɛ nduahu aa ye wu ma nahi wɛ njaa la. lbɔla l yeni a hegbe nyamu lɔ ngi haangɔi bɛ woma. |
| The body of a person with Ebola should only be handled by trained personnel using appropriate protection. Bodies should be buried or cremated | Numui na l haanga a Ibolei nasia leke ti gaangɔ tia ma ta njaa la ti mayili nah u a ti mabawo. Nungei nasia ti gaangɔ a lbɔla haagbɔleisia tia mia ta pomeisia gbɔwu ɔɔ ti |

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| by teams trained in safe burial procedures. | mɔ. |
| Under no circumstances should a body be touched or moved after burial. | Sabu gbi ii na jaa va a pomei ɔɔ wu kpua va I hiye ngi gbɔwulei ma. |
| Wash your hands frequently with soap and water after every social contact. | Bi lokoisia wua kpelema gbi lekee a mbawei ke njei ji ba a numu. |

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| <i>What can you do to Stop Ebola in your community?</i> | Gbo baa pie ko lbolei I gbɔɔ bi guwui hu? |
| Begin by educating and protecting yourself, your family and your community. | Tato a bi biayekpe gaa la ke bi mahugbee la, bi mbondei ke bi guwui. |
| Contact your local political or community leader to devise ways to inform and engage your community. Also contact NGOs & INGOs and volunteer with them. | Nde numui na ma I wu yama gbuama gɔmeti hu ɔɔ kuwuhuloklɔi ko I pelenga gɔkɔli nde va wu ma wu guwui. Yɛpɛ gbɔma kpɔmablei nasia gɔmendibla ya a tie ke wa tieni wu yenge a goyila. |
| 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. | Yɛpɛ tɔwɔmaloklɔisia gama kia nyikɔ-mahangeisia, Imamisia, Ngewɔ veli nunga wawaisia, nyahangeisia ta foningeisia ti hug bateisia , mu gondi haalebleisia haalelokɔisia kɔloni pelei na ma ta ti mbondeisia gaa la kia mahoungɔ ti lɔɔla hegbei gbee la. |
| Volunteer with Community Health Workers going door-to-door educating the population. | Gbeɛɛ mbondahu haleyengebleisia ma liva peleisia la wa nungeisia gaa. |
| Speak with teachers about the importance of creating theatre groups and other playful activities that provide children with educational opportunities about Ebola. | Yɛpɛ kaamɔisia gama kia mahoungɔ ti ndolii guwuisia gbate ke ndolii gala wekanga nasia ta ndengeisia gaa la kɔloni lɔɔla hegbei ma. |
| Speak with your neighbours about how you can organize yourselves and support prevention of Ebola. | Yɛpɛ bi heinyɔisia gama kia mahoungɔ wu wayekpe hugbate ko wu lokohei pelei nasia bu wa pie lbolei a wa. |