LINAMBO LYA UGANDA

SHITONGOLE SHYE BULAAMU

BIREEBO BYESI BAREEBA NAABI BIBIAMBA KHU

EBOLA

September 2022



SHITONGOLE SHYE BULAAMU

1. **Ebola nisho shiina?**

Ebola bulwale bubwira khangu nga burerewa ni khawukha. Khawukha kha Ebola khachenda nga wiwambila khu biwukuru, tsihima numundu uli nibulwale bwa Ebola. Ebola achenda khangu ukhwama khumundu nga atsya khumundu ukundi, erra mangu nenga Ebola anyala khuhingilibwa. Nga wamujanjabile khangu shikhendesa bunyali bwekhufaa.

1. **Umulwale wa Ebola anyala wamuwambisa bashee ahabanga buboonero bwa Ebola**

**bwakhubonekha tawee?**

Umundu uwanbiwile Ebola sanyala khuwambisa bashe nga bubonero bwakhubonekha tawee. Bubonero bwa Ebola buyila tsinakhu 2 paka tsinakhu 21.

1. **Bubonero bwa Ebola nibwo buli?**

Umulwale wa Ebola aba nibubonero buno:

* Kumusujja kumukalai (kuyila imbuka indeyi)
* Bulumi munda
* Kutsiniwa mumakumba ni kumubili (ni khufurisila elala mushifuba)
* Buwangafu khumila bilyoo
* Kumurwe kumutanya
* Khunyisila, khurusa (munyala mwabamo kamafuchi)
* Alukha (munyala mwabamo kamafuchi)
* Kametsi kamuwamo mwibili (nga saali ni kamasika, lulimi lwoma, tsimooni tsikwa mukari)
* Kumubili kutsukha bukhotso
* Alala karuramo kamafuchi mukhanwa, munooni, mumoolu, mumaru ni inyuma. Shikhulu naabi khumanya uri umundu anyala wakhuwambisa bulwale nga wananikhile khuba ni khabonero khatwela namwe bufurisa bukali bwe bulwale.

Bireebo ni byekhukhwilamo bibiamba khu Ebola

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**Bubonero bwa Ebola**

Kumusujja kukwitsa hangu Utsiniwa kumurwe Kumubili kurafuwa

Kumubili khuwelamo ilala kamani Ukhwakaliisa kwemumiilo Khulusa

Shishalukho nikamanyi bilimo kamafiki Khukwibeena mubiifo ibikuule khumubili

Bireebo ni byekhukhwilamo bibiamba khu Ebola

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1. **Umulwale wa Ebola anyala wawoona**?

**Yee.** Umundu anyala wawona mubwangu naabi nga bamujanjabile mukwangu mwikangilo nga bushili.

1. **Umundu uli ni Ebola nga wawonele, anyalisa khuwambisa babandu bandi namwe**

**taa?**

**Taawe.** Nga ushiili khukoobola ingo,balwale ba Ebola kane bemenyelese kamafuchi kaawe mu laboratory khuboona nga mbaamo khawukha mumubiili taawe. Nee babandu bawoonele bulwaale bwa Ebola sibafukilisiwa khukwigaata khumala imbuka ye kimyeesi nga chitaru khurusakho ngo barambisa bu piila.

1. **Ebola anyala akyendela mumaree?**

**Iyee.** Khawukha kha Ebola khanyala kha kyendela mu maree namwe kameetsi kakaama kemumubili nga buubi, kamasungulula, kametsi ke shisetsa, kametsi ke shihasi, kamamila ni kamafuuki. Kameetsi kakaam mumubili ka nga katsiile ukwatihaka kumubili, tsimooni oba kumunwa kwomundu ukundi, anyalikhana khufuuna Ebola.

1. **Ebola anyala kghukyendela mu lukyeesi?**

**Iyee.** Kameetsi koosi kakaama mumubili kwomundu umulwale nga muliimo nii lukyeesi bibamo khawukha kha Ebola.

1. **Ebola anyalikhana khu kyenda nga abirira mukhuwamba mukhono?**

**Iyee,** khuwamba umundu uli ni Ebola mukhono shyamilakho bulwale khukyenda.

1. **Inasheesa indyeena babandu nga khuwamba mukhono sikhufukilisiwa taawe?**

Akamisa khusheesa nga uwambo munkhono bumbuka yebulwale bwa Ebola oba nga itebereserwa khubawo. Unyala washeesa babandu nga ukhupa jambo obaufukilisa nga usisikha kumurwe. Shyekumugaso khu saaba mukhoono ni sabuuni bulimbuka.

Bireebo ni byekhukhwilamo bibiamba khu Ebola

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1. **Idewo libanga lilyoola lireeyana numundu uteberesewa khuba ni Ebola?**

Libanga sishili shikulu taawe, Ebola akyendela nga uliatweela ni bibyaama mumubili kwo’mulwale wa Ebola. Arri nga wamanyile umundu uteberesewa khuba ni Ebola, boola issi likangilo likhuli akhwimbi mubwangu naabi atte ulekelese byeesi basawo bakhuboolela. Ukhaamba khubindu birambisiwile umundu uteberesewa khuba ni Ebola.

**Ebola Akyeenda aryena**

Kamafuki Kamaree

Buubi Kuluusa

Kamasungulula Lukyeesi

Ibindu birambisiwile mwikangilo Tsingubo tsilimo kamasungulula

kumundu uli ni luufu nga oba buubi bwomulwale wa ebola

byakukangiwa taa

Isambo ye Khuwambamo bisolo bye mushisali akhaba nga bilamu namwe nga byafiile

Bireebo ni byekhukhwilamo bibiamba khu Ebola

SHITONGOLE SHYE BULAAMU

**EBOLA NI ENGELI ESI AKENDA MU BISOOLO**

1. **Lwashina ikhakhile khulya inyama yemwisiiru taa**?

Ukhalya inyama yemwisiiru taa mumbuka issi bulwale bwa Ebola bukwililewo taa . Tsisolo tsye mwisiiru nitsyo tsitsyamiwakho indwale ya Ebola. Tsikhoobe, kamasihihe, kamawukuru ni tsisolo tsyosi tsituyikhana nga tsifu mwisiiru sitsakha khuwambiwakho taa oba khuliiwa taa.

1. **Ngenyama yemwisiiru yatekhewele buulayi, oba taa yomesewele bulaayi**

**khumuliro, iba indayi yeekhulya**?

**Taawe**. Khulwekhubela mumbuka yekhuyiima tsisolo mwisiiru, khusintza ni khurengekha rengekha inyama yemwisiru, babandu babanga baambisiwa bulwale bwa Ebola. Eyo niyo inzila isi bulwale bwa Ebola buwambamo babandu atte niyo iloomo ikila babandu babenga baaha khukwakhama khuwamba oba khulya inyama yemwisiiru.

**13. Nakhiile ukwaakama khunyama yemwisiiru yoosi oba inyama yekhobee ni kamawukuru?**

Mumbuka yebulwale bwa Ebola, yakama khunyama yemwisiiru yoosi lwekhuba yebulaabe naabi atte inyala yakhurerera bulwale bwa Ebola.

**14. Bulwale bwa Ebola bunyala bwanyolekhana mutsingokho, mumbussi namwe taa mukhaafu?**

**Taawe.** Mbaawo bukakafu bubwoolesa buri indwaale ya Ebola inyala yatuyikhana mubyaayo bibayiwa ango nga tsingokho, tsimbussi ni tsikhaafu taa. Inyama yemwisiiru yongene niyo iye buulabe.

**15. Naakamise khulya tsingeni natsyo?**

**Taawe.** Tsingeni tsindayi. Mbawo bukakafu bubwoolesa buri indwale ya Ebola ituyikhana mungeni taawe.

**16. Inyala nafuna bulwale bwa Ebola khukwama mumasungulula ni biibi bibyamile mumawukuru?**

**Yee,** kamawukuru kasuuta khawukha khendwale ya Ebola. Unyala wafuna bulwale bwa Ebola khukwana mumasungulula ni biibi biyaama mumawukuru kamalwale. Yakamisa khuuba ngoli atweela nikamawukuru ni biikamamo mumubili kwabyo shekubonelakho nga biibi ni kamasungulula bibyaama mumawukuru mumbuka yebulwale bwa Ebola.

Bireebo ni byekhukhwilamo bibiamba khu Ebola

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**17. Mumbuka yefuula, kamawukuru kaba kamakali atte kalya kimiyeembe. Naakamise khulya kimiyembe?**

**Taawe,** Unyalaweloosela khulya kimiyembe nenga ukisingekho ngosili khulya taa**.** Ukhalya kimiyeembe kyesi kamawukuru kalilekho taa**.**

**KHUJANJABA EBOLA**

**19. Ikhola shina nga nambasa ndi nalwalile Ebola?**

Uli ni khitsya khangu mwikangilo likhuli ahwimbi bakhwumenyelese ate ukangiwe kufumbula ni khujamjaba.

**20. Wayene issinyala khukula kamaleesi khu kanga Ebola**?

Mbawo kamaleesi ka Ebola kamanyikhile taawe. Tsya mwikangilo likhili ahwimbi bakhukange khangu nga wambasa uli ni bulwale bwa Ebola. Unyalisa khuleka khuufa khangu namwe wawoona khangu nga watsile mwikangilo nga bushiile wabona umusawo umurendekhe. Unafuna buyeeti atte bakhujanjabe bukhutsiina shinakila uwone.

**21. Nawuliire bari babandu babaapa tsimbiso khumakangilo baafa. Shangali namwee?**

Ulwo lukambo lwebubeyii. Akhabanga babandu bafa lwe bulwale bwa Ebola, balwale bandi nibawona. Nga umundu ananikhile khufuna bujanjabi nga bushili, anyala khuwoona. Balwale ba Ebola boosi bafuna buyeeti ni bujanjabi buulayi naabi. Basawo balikhuramba nikamaani khuwonesa balawle baawe ni khuboona nga belayo babe ni baleebe baawe. Mwikangilo, sabawo bajanjaba Ebola nga bakhola bari:

* Bakhendeesa Kumusuja
* Bakhendeesa bulumi
* Babawa byekhulya byekumugaso
* Ukhwisaamo khametsi mubili
* Khu rangila bulwale khukenda
* Ni buyeeti bundi bwesi umulwale anyala Wakana

Bireebo ni byekhukhwilamo bibiamba khu Ebola

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**BYESSI BANDU BAFUKILISAMO**

**22. Shitufu baringa watubaasile tungulu siimu, bubushi, bitungulu ni vinegar binyala byawonesa Ebola?**

**Taawe**, Sishili shitufu taa. Mbawo kamalesi kessi unyala khukholele mungo mwowo kakanyalisa khu janjaba Ebola. Uli ni khutsya mwikangilo likhuli akhwimbi bakhuyeeta atte bakhujanabe bulaayi nga iwe oba umundu yeesi issi wambaasa khuba ni bulwale bwa Ebola. Unyalisa naabi khuwona nga uli mwikangilo lya Ebola hufurisa ng’oli mungo mwowo.

**23. Khuwulira khuri khunywa Indaali yakamisa khuwambisiwa bulwale bwa Ebola, Ishi shi tuufu?**

**Taawe,** Sishili shitufu taa. Indaali siyakamisa khuwambisiwa bulwale bwa Ebola taa nga uli ambi nibrulwale bwa Ebola. Matsiima khunwya indaali ingali ili yebulaabe khumubili kwo.

**24. Shituufu bari bulwale bwa Ebola ili shitsuubo?**

**Taawe,** Sishili shitufu taa. Ebola bulwale bwe khawukha khakhambisibwa babandu khukhwaama mubisoolo byemwisuru. Indwale inno inyala yasasanyiiwa khukhwama khumundu umulwale nge itsya khumundu ukundi.

**UBOOLA URYEENA**

**25. Inyala nakhupa isiimu namwe naweresa burume nga imboola babandu beesi nambaasa ndi balwale ba Ebola?**

**Yee.** Tsi number tyesiimu tsikumanyisa0762 640 374 (MTN) / 0708 062 203 (AIRTEL).

**26. Bubwakanisi bwekhurondoola indwale ya Ebole mu Uganda buli burye?**

Waliwo intsakaaniisa indayii iye khuboona khuri khumanya babandu baba teberesewa khubanga bali nibulwaale bwa Ebola woosi mwinamboo. Linamboo nayo lili nikhunyaliisa khuboona khuri bakhebela khawuka khebulwaale bwa Ebola mu Uganda Virus Research Institute Entebbe.

Bireebo ni byekhukhwilamo bibiamba khu Ebola

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**27. Inyalisa khulolelela umundu uteberesewa khuuba ni Ebola?**

**Taawe,** Ulikhurerera kumutawaana issi banadu bowoo, bulaamu bwowo ni bekhushyalo lwekhuuba bulwaale bunyala bwachenda nga bwaama khumundu nge butsya khumundu ukundi. Babandu balwaale ba Ebola bali ni khu janjabibwa atte babalolele mwikangilo.

**GOVERNMENTI YILAMO IRYEENA**

**28. Governmenti yarengekharengekhele iryeena ukwisheenga nga babandu bingila mu Uganda?**

Shitongole shye bulaamu shili khurengekharengekha khukaba tsimbapula tsilikho bireebo tseesi babandu banetsusaamo nga bengila mu Uganda. Basawo be byebulaamu babali issi babandu bengilila mwinanmbo basomesewele bibiamba khu Ebola atte banyalisa khumanya umundu utebelesewa khuba nibulwale nga engila oba taawe nga ali khurura mwinaambo.

**29. Govenmenti yarengehele irryeena khu welesa bubakha buwamba khu Ebola issi babandu bemubyaalo?**

Governmenti yarerewo lubuusano lwekhusomesa barangilisi betsidiini, bakhulu bekamasomelo ni bituuli bibiyeeta babndu mubyaalo shinakila burume bwoole khubandu be mubyaalo nga bwaama mutsiila tsingali.

Byekhurambiisa who cheesa burume nga bipande ni tsimbapula byarusiwile and balikhubichesa mu disturicti tsifuurisa khubamo bulwale, TV, nakhalondo ni burume bwe khu siimu balikhubrambisa khukwoola khubaandu bemubyaalo.

**30. Governmenti yambaasa ukwikhala tsinjekoyeko ni balilwana baayo**?

**Taawe.** Khumbuka yinno, mbawa inrengekharengekha yoosi yekhukwikaala tsisaalo namwe ukwakamiisa babandu khukwingila mu distrulicti tsiilimo bulwaale. Nenga babandu.

Bireebo ni byekhukhwilamo bibiamba khu Ebola

Khu manya bifurisa bukali khungeli ye

khukwakhamisa kawukha khe’bulwale bwa Ebola,

kane wolelele Health Promotion, Education

and Communication Department mu

Shitongole shye bulaamu

Nga waboone umundu utebelesewa khuba

ni bulwale bwa Ebola, boola khangu issi likangilo

likhuli ahwimbi. Namwe welesa burume khu

siimu khu Ureport khu: **8500**

namwe ukhupe isimu ikhali ye

khusasulila khu **0800 100066/ 0800203 033**

Byawandikhiwile ni Department of Health Promotion,

Education and Communication mu

Shitongole shye bulaamu

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