

O ka thibela jang go anama ga bolwetse jwa Ebola?

Bolwetse jwa Ebola bo ka thibelwa ka ditsela tse di latelang;

- Go ikgaphe mo go eteleng mafelo a a nang le mogare wa bolwetse jo.
- Go itshireletsa mo go amaneng le matute kana metsi ape a mmele wa molwetse.
- Go dirisa dilwana tsa itshireletso jaaka diatlana, digalase tsa matlho tsa itshireletso (goggles) le go bipa molomo (mask).
- Motho yo o belae segang a na le bolwetse jo o tshwanetse go ragosediswa kwa go ba bongaka gore a tlamelwe go itsa kanamo.
- Setopo sa motho yo o neng a lwala bolwetse jo, se tshwanetse go tshwarwa go aperwe diaparo tsa itshireletso ebile se bolokwe ka bofefo.
- Tlhapla diatla ka metsi a a phepa le molora ka nako tsotlhe.
- Ikgaphe mo go tlhapeleng diatla mo selwaneng sele sengwe mo medirong.
- Ikgaphe mo go fapaaneleng magare le dimao.
- Latlha magare le dimao ka tsela e e sireletsegileng.

For more information on **Ebola**, visit the Ministry of Health website:

www.moh.gov.bw
or call **0800 600 740**

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Dintlha ka Bolwetse Jwa **EBOLA**



Bolwetse jwa Ebola ke eng?

Ebola ke bolwetse jo bo diphatsa fela thata, jo bo ka bolayang batho ba fera bongwe mo go ba le lesome (90%) ba ba amegileng. Tlhologo ya bolwetse jo ga e itsiwe mme bo bonwe e le lantlha ka ngwaga wa 1976 kwa mafatsheng a Democratic Republic of Congo le Sudan.

Bolwetse jo bo anama jang?

Bolwetse jwa Ebola bo anama ka go amana le madi kgotsa matute ape fela a tswang mo mothong kgotsa diphologolo tse di nang le mogare wa bolwetse jo, kgotsa go amana le didirisiwa tse di leswefaditsweng ke mogare o.

Ke mang yo o mo diphatseng tsa go amiwa ke bolwetse jo?

Mongwe le mongwe o mo diphatseng segolo thata badiri ba botsogo, ba losika le ditsala kgotsa mongwe yo o ka amanang le molwetse kgotsa setopo sa motho yo o tsenweng ke mogare o.

Ke methale efe ya thibelo e e ka tsewang fa go tlhokomelwa molwetse wa Ebola?

Motho o tshwanetse go netefatsa gore ga a amane le molwetse wa Ebola a sa itshireletsa. Kapari ya itshireletso e e maleba jaaka diatlana, ditlhako, galase tsa matlho le tse dingwe e botlhokwa go dirisiwa fa o tlamela molwetse wa Ebola.

Dikai tsa bolwetse jwa Ebola ke dife?

Dikai tsa bolwetse jwa Ebola di itshupa morago ga malatsi a mabedi go ya kwa go a masome a mabedi le bongwe fa bo sena go tsena motho. Bontsi jwa dikai tsa bolwetse jo di itshupa jaaka tsa mhikela. Di akaretsa;

- Mogote o o kwa godimo
- Tlhogo e e opang
- Mesifa e e botlhoko
- Mometso o o botlhoko
- Ditlhabi kwa tlase ga mpa
- Letshololo
- Bogwata jo bo kgaletseng madi
- Matlho a a kgaletseng madi
- Matlhatsa a a madi
- Madi mo segotlholeng kana mantle
- Go tswa madi ka dinko, molomo kgotsa phatlha epe fela mo mmeleng

Motho o tshwanetse go kopa thuso ya bongaka leng?

Bona ba bongaka ka bofebo fa o bona dikai tse di nankotsweng fa godimo.

Batho ba go belaelwang ba amilwe ke mogare ba tshwanetse go ragosedisiwa ko kokelong.

A bolwetse jwa Ebola bo na le kalafi?

Bolwetse jwa Ebola ga bo na kalafi le fa e le molemo wa thibelo.

Badiri ba Botsogo ba ka itshireletsa jang fa ba tlamela balwetse ba Ebola?

Badiri ba botsogo ba tshwanetse go dirisa kapari ya itshireletso fa ba tlamela balwetse ba Ebola.