



Republic of Botswana

BOLWETSE JWA EBOLA

BOLWETSE JWA EBOLA KE ENG?

Ebola ke bolwetse jo bo itshupang jaaka mhikela mme bo bakiwa ke mogare wa Ebola. Bolwetse jo bo dira gore motho a dutle madi a mantsi ebile a sa laolesege a tswa ka legano, matlho, ditsebe, nko kgotsa gope fela fa go nang le phatlha mo mmeleng wa motho. Ke bolwetse jo bo borai fela thata.

DIKAI TSA BOLWETSE JWA EBOLA

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
- Matlhatsa a a madi
- Madi mo segotlholeng kana mantle
- Go dutla madi ka nko, molomo kgotsa phatlha epe fela mo mmeleng
- Go sa hema sentle

KANAMO YA EBOLA

Bolwetse jwa Ebola bo fetela kwa bathong fa ba ka amana le dirwe kana madi le matute ape fela a tswang mo diphologolong tse di nang le mogare wa bolwetse jo jaaka sika loo tshwene. Fa bolwetse jo bo setse bo anametse mo bathong, go na le ditsela tse eleng gore ba ka bo fetisetsa kwa go ba bangwe ka tsone. Di akaretsa;

- Go amana le matute a a tswang mo mmeleng wa motho jaaka madi, mathe, mantle, matlhatsa, mothapo, mohuhutso kgotsa dilwana tse di kgotlelesegileng tsa motho yo o nang le bolwetse jo.
- Go dirisa le go amana le dikgare le dimao tse di dirisitsweng ke motho yo o nang le mogare wa bolwetse jo.
- Go amana le setopo sa motho yo a neng a na le bolwetse jo.
- Go amana le phologolo e e suleng e bolailwe ke bolwetse jo
- Go amana le didirisiwa kana tikologo e e kgotlelesegileng

THIBELO YA BOLWETSE JWA EBOLA

Ga gona molemo ope o o thibelang bolwetse jwa Ebola, se se botlhokwa ke gore batho ba inaakanye le go sala ditsetlana tse di latelang go leka go hema go tsenwa ke mogare wa Ebola. Di akaretsa;

- Go ikgapha mo go eteleng mafelo a a nang le mogare wa bolwetse jo.
- Go itshireletsa mo go amaneng le matute ape a mmele wa molwetse ka go apara dilwana tsa itshireletso jaaka diatlana, digalase tsa matlho tsa itshireletso le go bipa molomo.
- Tlhatswa dilwana tsa molwetse ka melora e e nang le dikhemikhale tse di ka bolaang mogare o.
- Ope yo go belaesegang a na le bolwetse jo o tshwanetse go ragosediwa kwa go ba bongaka gore a tlamelwe.

- Setopo sa motho yo neng a lwala bolwetse jo se tshwanetse go tshwarwa go aperwe diaparo tsa itshireletso ebile se bolokwe fela fa motho a sena go tlhokafala (tirelo ya phitlho e nne khutshwane go be go phatlalalwe ka bonako)
- Tlhapa diatla ka metsi a a phepa le molora morago ga go amana le molwetse kgotsa setopo sa bolwetse jo.
- Ikgaphe mo go tlhapeng diatla mo selwaneng sele sengwe mo medirong.
- Ikgaphe mo go hapaaneleng dikgare le dimao.
- Latlha dikgare le dimao ka tsela e e sireletsegileng.

KALAFI

Bolwetse jwa Ebola ga bo na kalafi mme fela balwetse ba ba gateletsweng ba tshwanetse go fiwa kalafi le tlhokomelo e e tseneletseng. Balwetse ba ba latlhegetsweng ke metsi mo mmeleng ba fiwa motswako wa letshololo.

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