

Outreach Newsletter

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Ebola Education for the Somali Community

Wacyigelinta Ebola ee Jaaliyadda Soomaalida

Somali Outreach News Desk-

Columbus, Ohio

Centers for Disease Control (CDC) and the World Health Organization declared Ebola a public health emergency, and many countries are restricting travel to affected areas. In the United States, two imported cases, including one death, and two locally acquired cases in healthcare workers have been reported. One of the patients even visited Ohio in early October which led to the monitoring of 164 people who were in contact with the patient. In communities with large numbers of limited English people, such as the Somali community in Ohio, information on this emergency is not readily available in a language they can understand. This is even worse for limited English people with disabilities who face even greater barriers, which make them even more vulnerable. The November 2014 edition of Outreach will be exclusively about the Ebola Virus Disease, its signs and symptoms, transmission, prevention and other useful information provided by the CDC, WHO and the Ohio Department of Health.

Continued on page 3.

Cudurka Ebola ee dillaacay 2014 ayaa ah kii ugu ballaadhnaa ee abid dunida ka dhaca, isagoo saameeyay dalal ku yaal Galbeedka Afrika. Xarunta Xakamaynta Cudurrada (CDC) iyo Hay'adda Caafimaadka Adduunka (WHO) ayaa ku dhawaaqay in Ebola halis weyn ku yahay caafimaadka bulshada, iyadoo dalal badan ay xannibeen safarka goobaha uu ka dillaacay. Dalka Maraykanka, labo qof oo la soo safray cudurka, oo mid uu dhintay, iyo labo qof oo uu ku dhacay iyagoo dalka jooga oo shaqaale caafimaad ah ayaa laga helay.

Mid ka mid ah bukaannadaas ayaa Ohio soo booqatay horraantii Oktoobar taas oo keentay in isha lagu hayo 164 qof oo lala xiriiriyay bukaanka. Bulshooyinka ay ku badan yihiin dadka aan afka Ingiriiska aqoon, sida Soomaalida Ohio, maclummaadka halistan uma heli karaan si wanaagsan oo ay fahmi karaan.

Dadka qaba curyaannimada isla markaasna aan aqoon af Ingiriiska iyaga xaaladdoodu way ka sii daran tahay sidaas oo waxaa haysta caqabado intaas ka sii badan. Caddadka Nofeembar ee Outreach waxaynu gebi ahaantiisaba ku soo qaadanaynaa Cudurka Viruska ee Ebola, astaamihiisa, sida uu u faafo, ka hortagga iyo maclummaad dheeraad ah oo aan ka helnay CDC, Who iyo Wasaaradda Caafimaadka Ohio.

Eeg bogga 3.

...Ebola Education ...

Background:

The Ebola virus causes an acute, serious illness which is often fatal if untreated. The current outbreak in west Africa, (first cases notified in March 2014), is the largest and most complex Ebola outbreak since the Ebola virus was first discovered in 1976. There have been more cases and deaths in this outbreak than all others combined. It has also spread between countries starting in Guinea then spreading across land borders to Sierra Leone and Liberia, Nigeria and beyond.

Transmission:

Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals such as monkeys, fruit bats, forest antelope and porcupines found ill or dead or in the rainforest.

Ebola then spreads through human-to-human transmission via direct contact (through broken skin or mucous membranes) with the blood, secretions, organs or other bodily fluids of infected people, and with surfaces and materials (e.g. bedding, clothing) contaminated with these fluids. See page 4.

... Wacyigelinta Ebola...

Gogoldhig:

Fayraska Ebola waa xanuun daran oo halis ah kaas oo badanaa loo dhinto haddii aan la daweyn. Cudurka haatan ka dillaacay galbeedka Afrika, (dadkii ugu horreeyay waxa lagu arkay Maars 2014), waa kii ugu ballaadhnaa uguna adkaa ee adduunka soo mara tan iyo markii la helay fayraska Ebola 1976kii. Xilligan wuxuu Ebola ku dhacay ama dilay dad ka tiro badan isu geynta intii hore oo dhan. Wuxuu kaloo isaga gooshay dalal isagoo ka billowday Guinea ka dibna ku faafay xudduudda dhulka ee Sierra Leone iyo Liberia iyo dalal kaleba.

Sida la isugu Gudbiyo:

Ebola waxaa dadku ku kala qaadaan la falgalka dhow ee dhiigga, dhecaanka, xubnaha iyo qoyaanka jirka ee xayawaanka jirran sida daanyeerka, fiidmeer miodka, deerada kaynta iyo kashiitada lagu arko iyagoo xanuunsan ama dhintay keymaha roobka. Intaas ka dib, Ebola waxay dadku ku kala qaadaan si toos ah marka ay is taabtaan (meel maqaar la' ama daloollada calyada) iyo dhiigga, dhacaanka, xubnaha, ama qoyaanka jirka ee dadka xanunka qaba, iyo dusha ama qalabka (sida gogosha, dharka) uu dhacaan ku hallaabay.

Eeg bogga 4.

...Ebola Education ...

Health-care workers have frequently been infected while treating patients with suspected or confirmed EVD. This has occurred through close contact with patients when infection control precautions are not strictly practiced. Burial ceremonies in which mourners have direct contact with the body of the deceased person can also play a role in the transmission of Ebola. People remain infectious as long as their blood and body fluids, including semen and breast milk, contain the virus. Men who have recovered from the disease can still transmit the virus through their semen for up to 7 weeks after recovery from illness.

Symptoms of the Ebola Virus Disease:

The incubation period, that is, the time interval from infection with the virus to onset of symptoms is 2 to 21 days. Humans are not infectious until they develop symptoms. First symptoms are the sudden onset of fever fatigue, muscle pain, headache and sore throat. This is followed by vomiting, diarrhoea, rash, symptoms of impaired kidney and liver function, and in some cases, both internal and external bleeding (e.g. oozing from the gums, blood in the stools). Laboratory findings include low white blood cell and platelet counts and elevated liver enzymes. ...Continued on Page 5.

... Wacyigelinta Ebola...

Dadka ka shaqeeya caafimaadka ayuu badanaa ku dhacaa marka ay daweynayaan dadka qaba ama looga shakisanyahay Ebola. Arrintani waxay ku dhacdaa marka bukaanka si dhow loola macaamilo iyadoo taxaddarka xakamaynta caabuqa aan la dhowrayn. Tacsida iyo duugta ay dadka baroordiiqda wadaa taabtaan meydka qofka dhintay ayaa qayb ka ah faafinta Ebola. Dadku way kugu daaran karaan cudurka inta qoyaanka jirkooda, sida manida iyo caanaha naaska, uu fayrasku ku jiro. Ragga ka biskooday cudurku waxay weli manidooda ku sii gudbin karaan cudurka illaa iyo labo bilood oo ka dambaysa markay ka bogsadaan xanuunka.

Astaamaha Cudurka Fayraska Ebola:

Muddada uu ku kobco, waa waqtiga u dhixeeeya qaadista fayraska iyo in xanuunku soo baxo, waa 2 illaa 21 maal mood. Dadku ma faafiyaan cudurka illaa uu xanuun ku soo baxo. Astaamaha koowaad waa daal iyo xummad degdeg ku yimaada, murqo xanuun, madax xanuun iyo riiraxyo. Waxaa ku xiga mantag, shuban, furuuruc, astaamaha hawlgabnimada kelyaha iyo beerka, iyo mararka qaar dhiig bax gudaha iyo bannaankaba ah (sida cirrid dhiig, xaar dhiig).

Shaybaarku wuxuu muujiyaa unugyada dhiigga cad iyo kuwa cas oo yaraada iyo dhacaanka beerka oo kacsan.

Eeg bogga 4.

...Ebola Education ...**Treatment and Vaccines:**

Supportive care-rehydration with oral or intravenous fluids- and treatment of specific symptoms, improves survival. There is as yet no proven treatment available for EVD. However, a range of potential treatments including blood products, immune therapies and drug therapies are currently being evaluated. No licensed vaccines are available yet, but 2 potential vaccines are undergoing human safety testing.

The Ohio Department of Health has a call center to answer Ohioans' questions about Ebola. The number for Ohioans to call is 1-866-800-1404. It is available from 8 a.m. to 5 p.m.

The African Diaspora communities in Ohio will do a fundraising event for West African countries most affected by Ebola at the end of year banquet of the Federation of African Organizations in Ohio. Please join us in learning more about the impact of the Ebola Virus Disease on affected countries.

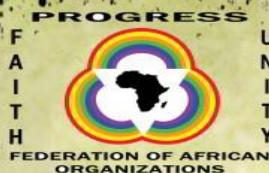
See page 6 for more information.

... Wacyigelinta Ebola...**Dawada iyo Tallaalka**

Nafaqaynta jirka oo afka ama xididdada laga waraabiyo jirka iyo astaamaha oo mid mid loo daweyyo ayaa sare u qaada fursadda ah in laga kaco cudurka. Weli ma jirto dawo cad oo loo hayo cudurka fayraska Ebola. Hase yeeshie, xayn dawooyin ah oo laga yaabo in ay waxtari doonaan sida walxaha dhiigga laga sameeyo, dawada difaaca jirka, iyo dawooyin kale ayaabaaritaan lagu wadaa. Wax tallaal ah oo sharciyaysan ma jiro, balse 2 tallaal oo macquul ah ayaa lagu hayaa бааритаان la xiriira in dadka loo adeegsan karo.

Wasaaradda Caafimaadka Ohio waxa ay samaysay xarun ay dadka reer Ohio ka soo wici karaan si ay u weydiyaan su'aalo ku saabsan Ebola. Telefoonka ay reer Ohio wacayaan waal-866-800-1404. Waxaa la joogaa 8 a.m. to 5 p.m. Qurbajoogta Afrikaanka Ohio ayaa lacag ugu yaboohi doona dalalka Galbeedka Afrika ee uu Ebola sida xun u dhibaateeyay habeenka xafaladda Federation of African Organizations in Ohio. Macluumaad dheeri ah ka eeg bogga 6.

Annual Dinner: Federation of African Organizations in Ohio



FEDERATION OF AFRICAN ORGANIZATIONS IN OHIO (FAOO)

**TICKET
\$30.00
PER PERSON
(Adults Only)**

2014 END-OF-YEAR BANQUET COME ONE ! COME ALL !

**TICKETS MUST BE PRE - PURCHASED
(TICKETS WILL NOT BE SOLD AT THE GATE)**

THEMES

EBOLA RELIEF FUNDRAISING & THE ROLE OF WOMEN IN AFRICAN DEVELOPMENT

You are cordially invited to the 2014 End - of Year Banquet of the Federation of African Organization in Ohio (FAOO). Come and meet and enjoy the company of African, African American and other American professionals, businessmen and Women, Academics, Politicians, artists, City and State Officials; in a festive, relaxed and Funfilled Atmosphere.

Come and Enjoy:

- * Keynote Speech on Issues of importance to Africans and Africa
- * A sit down Catered Dinner
- * Performing Artists
- * World Music - African, American, Caribbean, etc
- * Community Awards.

DATE : FRIDAY NOV. 21, 2014

VENUE : **VILLA MILANO BANQUET &
CONFERENCE CENTER
1630 SCHROCK, ROAD
COLUMBUS, OH 43229**

TIME : 6:30pm (DINNER SERVED 8:00PM)

ATTIRE : FORMAL AFRICAN OR WESTERN

MS. KHADRA MOHAMMED (614)-783-1934

PROF. EMEKA ANIAGOLU (614)-570-9399

MAZI KAY ONWUKWE (614)332-7754

MR. ABDI SOOFE (614)645-1952

FATIMA ATHIE (614-446-3710



Community Support for Galgaduud University Taageerada Jaaliyadda ee Jaamacadda Galgaduud

GALGADUUD UNIVERSITY
JAAMACADDAA GALGADUUD

FUNDRAISING

EVENT

NOVEMBER 29 2014
4PM-10PM

ALL ARE INVITED!

Dr. Abdi Shire
KABIIRKA QAYLADHAAN

@ MONOCO'S PALACE & CATERING (LIBAAXYADA)

4555 CLEVELAND AVE Columbus ohio

Contact: 6148067977/6142094316



The poster features a collage of images in the background. On the left, there's a portrait of a man in a suit with his hand to his chin. Below him is a photo of a teacher in a red shirt writing on a whiteboard. In the bottom left corner, there's a group of students sitting at desks. The right side of the poster has a large map of Somalia with regions labeled: NUGAAL, WOGOGH, GALGADUUD, BAKOOL, HEDJAR, MIDDLE SHABELLE, JUBBALAND, BAY, GEDO, MIDDLE JUBA, and LOWER JUBA. Overlaid on the map are several text elements in bold blue and red fonts.

Central Ohio Community Resources

Police:

Emergency: 9-1-1

Non-emergency: 614-645-4545

Sheriff: 614-462-3333

Mental Health Crisis:

Netcare Access: 614-276-2273

Poison Control: 1-800-222-1222

Columbus Health Department

Free Clinic: 614-240-7430

Legal Matters:

Legal Aid Society: 614-241-2001

Child Abuse and Neglect:

FCCS: 614-229-7000

Housing:

CMHA: 614-421-6000

Information and Referral:

HandsOn: 614-221-2555 or 211

Somali Services**SomaliCAN**

614-489-9226

www.Somalican.orgThe Omolesky Law Firm
614-441-5305**SOMALICAN SERVICES:****Health Communication and Literacy:**

- Patient education
- Prescription access
- Cultural competency training
- Information & Referral

Community Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Scholarships
- Annual Graduation
- Crime Prevention
- Disaster Preparedness

SomaliCAN Outreach Newsletter:

- Monthly bilingual newsletter
- Advertisements
- Articles
- Cultural Competency
- Research
- Legislation
- Developmental Disabilities

Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

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Phone. (614)489-9226

Fax: (614) 448-4395

E-mail:

info@somalican.org

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