

# Kka tat bila kwañi tima tim i tat swi

Diarrhea: How to treat it at home





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Diarrhea: How to treat it at home

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Produced in consultation with SIL Ethiopia.  
Published by: Mao Komo Project, Norwegian Mission Society  
Publication date: August 2016  
First Edition  
Copies: 300

Kwama  
Mao-Komo Special Woreda, Benishangul-Gumuz, Ethiopia

Original text from Ministry of Public Health, Direction de le  
Meàdecine Preàventive, PRITECH  
Ministry of Scientific and Technical Research,  
Republic of Cameroon

This edition published in Great Britain in 2000 by  
Wycliffe Associates

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Man a mañun kka tat a yil bun kama kaba ho i swi ata abi kwa ssissi. I nat nata kkyapńiko man 5,000,000 abi ssissi. Gi wus kkatat mina ttittibi kwińi gi kussa tat gi ttaba min shisha. Dihaydireshin/kussa tata kobi ko i tat yisa man mina twi shibi iya a pańgo. Yisa mini gida ttapńi mina kwa bila iya kabina min yis bile. Ishma ya ze i kkalappa nat a yis kkyashi dihaydireshin/kussa tat a kobi ko abi huhunu. A wetgi wete a wetisha wet ish ańi kama pipay, ga man kkyapko shia kkosh/a peti. Sita ssit huna twibi dihaydireshin/kussa tata kobi ko kussńi tat ttwi gi ttagi, zia bun a bũbũ, dabun si, kussńun mazi gia kkas kun ańun kikam.



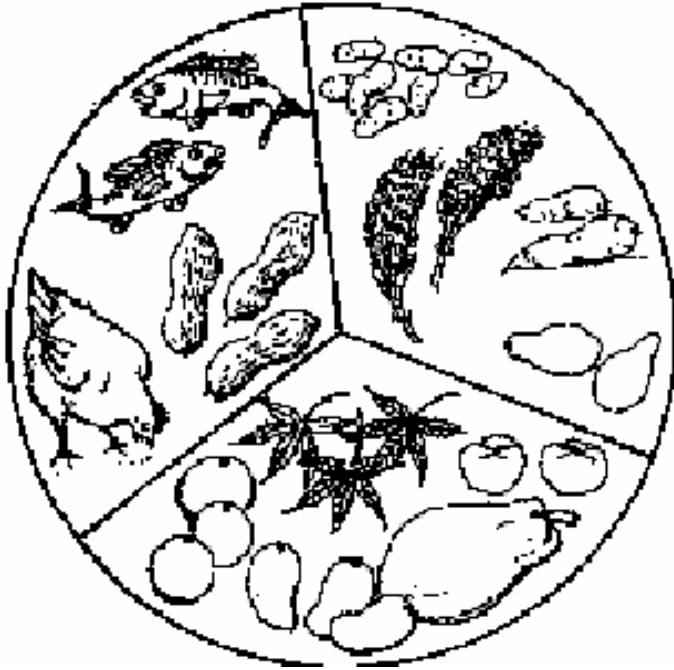
Ga mana tîmî mina ssit iya dihaydireshin/kussa tat a kôbi ko te yîl kkashe kabi mina tti tîbi a na titim. Gida tîbi mina ssit iya ga man te bila iya rûzi, shay a zetûni bila mina shabi a yisa de bila karot, kalam gia shaba sama de, ORS/ O AR ES / oral rihydireshin solûshun/ bila iya a ssiſſe a ze i tat puſh. Bila min shisha a ssit zeti gi da nyansskin ishîmî bilga sha. Man gida payassbi payass gida yilun sha min shisha mî tu ena ti tokgune tok.



Pwaɗa kwarɓi ti mina wet iya:

mana wet nat swiya dushga zin - 1/2 ( daga kubaya ), ga mana ma hantta - i kubaya, gida manun ssit pu iya i sati a winun tat a nun ti bila a talniga i kate. Ga mana hanttko anun tiga i malaka gi kubaya ishbi toppba topp. Mina ssup mana twibi ttutto ga kia ssele de ppi. Inpekshin/nama kas ani kwa pipala. Min topp tigon bila shamba sham.





Mana huhunu winun sha min shisha. A e giga man kukwama a koa ko mana zizinzi gi mana kkikkatt wetni silakon. Kay kukum gida hunbi hunu mina i ppi yisa sit gi mina ti ppi shamna sham, gidon kum shamni Sidina kobi ko. Bala ti ishimi min shisha i inzi a ussishni uss animi pash zia mini. Mana ssit uss walkin walkin kay kukum gida shaaba gi min shisha uss te ani kwa bila ani zuzugu. Uss gida man zugu ga wal te kaya kkasa ishgi ti ppasge min shisha. Gia te ani ti ppas si.

Gi mina apa ppi yis min sha a wet (protini) bila waɗa, ssipp waɗa, suma giɗi gi gi yil zeti gi da, karaɗ, dulpu shugun a dɗu gi haya de, gi wass. Min shisha a ti ppi bila rozi, almuzu, doko, samun shugun gi samun haya. Bila ma ya ssit gi kka tat bila min shisha wanttgi gi da gi min topp, bila mina shabi sha a ssi ssaka, bila min shisha zegi da, bila min topp ishrɗi taa ta.



Man gita yil nun kkatat sɔpp ga man ga pashɔni pashɔni  
tigun gumgum ko. Ma kwam ga mana bun sɔpp ishɔni  
gugus ishbi sha mina apa ti ppi. Sɔpp ga man wetni min  
sha kukum. Gi inspekshin/nama kasa kobi ko ana titim.  
A gash man wetni a ma gibi gi gi daba ti sham gi. A  
weteshni gi gyasbi daba kaga daba ttugu. Sɔpp i hoshni  
wal gi kwam. A mitt dwia de a walkin. Daba sham dwi  
mina kkasa.



Mina kwaní i ho man dush ga swi ata:

- wal te gida massní massa.
- gida tawané tawan.
- gida mittné kka tat.
- kka tat gida wetní ssam.
- gida payassní nyanssko.
- zi gida hulugní hulug.
- gida kashní yis gi kamní up.
- gida shejní sheji.
- wal te kamí tat swi gida kibe ki i wus kay swiya a yilné sheji yis gi min mine wal te ishrní kama kapa ho e i swi ata i yasa zeñi ze.



Gida ma tūtiga gi swi ata gima talna ga i ka wal te gima kwa kikit apa kia ki nokkin:

- kka tat ishni bilgi tuta gyaya ishni tima tim ni shi tok tima yil wawet e:

- ga wala ke kkyapko tia ssupp.

- topp iya a ssissele a koa ko ishgi topp iya a ze tul ga i ta kaya.

- yil kkash kkoss min shisha, yil kkash sha min shisha, yil kkash ti ssupp ga wal gi ma ho gi gi pwanji swi tush ishgi apa up mita ke nokkin.

- tush ishmí tusha i swi tush.
- tusha man ishmí pita i swi tush a koa ko ishmí shaa  
asha i yas.
- man ishmí tia kitibati a koa ko kitibatia huna twibi  
kupij.
- min shisha ap yisa mini bila (karaᅇa twibi akuratari,  
dulpu, wass, sam, simpp waᅇa) gi min sha a ti ppi bila  
(ruzi, siyana, samun) i sha shaa kay kukum.







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