

Xiiqdu waxay ka dhigi kartaa mid adag in la neefsado iyo inay keento calaamado sida qufac, xiiq-dheer, neefsasho gaaban ama culaysku yimaada xabadkaaga.

Talaabooyinka ugu fudud ee lagu xakamayn karo xiiqda waa:

1. Iska ilaali waxyaabaha kugu kicinaya marka aad awoodo.
2. Baro sida dawooyin kayagu u shaqeeyaan iyo goorta la isticmaalayo
3. Isticmaal qalabka ugu saxsan una isticmaal habka ugu saxsan
4. Raac Qorshe Howleedkaaga

Waan xakamayn  
karaa xiiqdayda  
hadda!



Xiiqda si wanaagsan ayaa loo xakamayn karaa marka aad haysato:

- Aan lahayn calaamadaha maalintii
- Aan lahayn calaamadaha habeenkii
- Aan ku lahayn xadidaad waxqabadka jidheed ee caadiga ah
- Aan lahayn dugsi kabaqasho ama shaqo kabaqasho
- Aan lahayn baahi joogta ah ee isticmaalka daawada laga reebo xiliyada qaar ee jimicsiga.

## XIIQDU MAAHA INAY XAKAMAYSO NOLOSHAADA.

## HADDA AYAAD XAKAMAYN KARTAA XIIQDAADA!

Xasuusnoow Talaabooyinkii Fududaa

Avoid Your Triggers + Take Your Medicines + Take your inhalers correctly = Asthma Control

1. Iska ilaali waxyaabaha kugu kiciya	+	2. Qaado Dawooyinka aga	+	3. U qaado qalabka neefsiga si sax ah	=	<b>Xakamaynta Xiiqda</b>
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