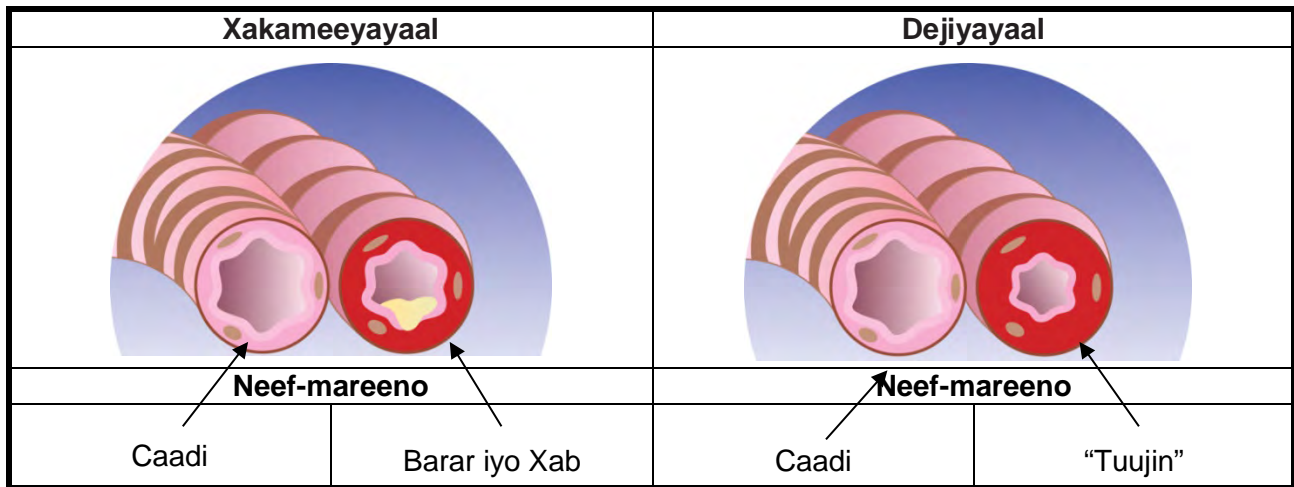


2. Qaado inaad Barato Dawadaada, waxay sameeyaan iyo goorta la isticmaalayo

Dawada Xiiqda waxaa la isticmaalayey sanado badan waxaana la xaqiijiyey inay noqotay mid aamin ah oo waxtar leh. Waxa jira laba nooc oo dawo nuugista ah, “xakameeyayaasha” iyo “dejiyayaasha.”

Xakameeyayaasha	<ul style="list-style-type: none"> Dawooyinka xakamaynta waa corticosteroids waxay ka caawinaysaa bogsiinta iyo yaraynta bararka iyo xabka ku jira neef-mareenadaada, in laga dhigo kuwo ay yartahay xasaasiyad kicinta. Qaado maalinkasta, xitaa hadaanad isku arag wax calaamado ah, waxay kaa caawinaysaa in siwacan u xakamayso xiiqdaada.
Dejiyayaasha	<ul style="list-style-type: none"> Dawooyinka dejiyayaashu waa kuwo si kumeel gaadh ah ugu nafisaan muruqyada ku gadaaman neef-mareenadaada si ay u yareeyaan calaamadaha sida qufaca, xiiq-dheerka, neefsashada gaaban ama culayska xabadkaaga ka dareemayso. Isticmaal marka aad u baahato
Xasuusin Muhiim ah	<ul style="list-style-type: none"> Ogow marka dawadaadu kaa dhamaato ama dhacdo Iska badal guluubka/qalabka xiiqda haddii afka/dhuunta ay lumaan ama jabaan Keen DHAMAAN dawooyinkaaga xiiqda ballan kastoo xiiqeed oo lagula leeyahay



3. Hubi habka neef qaadashadaada

- ✓ Waa muhiim inaad isticmaasho habka ugu saxsan si ay dawada ugu badani u gaadhi sanbabadaada
- ✓ Hubi hab neefsigaaga kulan xiiqeed kasta
- ✓ Booqo boggayaga internetka/wabsaytka <https://ucalgary.ca/icancontrolasthma/devices> si aad u aragto mudaharaad yada